

HAC 2016 ABSTRACT for Oral Presentations

Presentation no.: F3.4

Presenting Author: Chi Wai CHAU, SHSUR RN(SUR)

Project title

A Person-centred Approach To Continence Care For Neurosurgical Patients

Author(s)

Chau CW, Cheng BW, Chan SHS, Poon CYM
Department of Surgery, Shatin Hospital

Keyword(s)

person-centred care
continence care
continence training

Approval by Ethics Committee: N

Introduction

Urinary incontinence in neurosurgical unit is a common problem. Most of the patients' urinary incontinence may be associated with cognitive and/or motor deficits as called functional incontinence. Functional incontinence was defined as people are unable to make it to the bathroom in time due to a physical and mental condition. Studies have shown that functional incontinence is associated with stroke outcomes which resulted in not only physical discomfort but also body image disturbance. In our unit, a ward-based continence training program has been conducted for patients with functional incontinence. The program aimed at achieving person-centred care by meeting patients' physical and psychosocial needs and enhancing early rehabilitation.

Objectives

1. To help the patient in restoring normal or acceptable micturition status within their capacities of motor function.
2. To increase the competency of nursing management of urinary incontinence.
3. To increase awareness and promotion of continence.

Methodology

1. A basic screening form was developed to screen the target patients.
2. Target patients was recruited based on the inclusion criteria.
3. Target patients and carers were explained by primary nurse to seek for agreement and cooperation.
4. A signage was used to remind all ward staff.
5. The period of continence training program was 4 - 8 weeks.
6. A continence training chart was adopted to record the incontinent episodes and communicate for training time schedule. The training include timed and prompted voiding management depends on patients' physical and mental capacities.
7. A series of talk were performed to all ward staff to the continence training in competency with evaluation done.

Result

From September 2015 to December 2015, a total of 20 neurosurgical patients from our unit were recruited to continence training program. Total 18 patients (10 were male & 8 were female) were successful to restore the normal continence status. Moreover, evaluation result demonstrated all staff in our unit were familiar with and competency of the continence training program. In conclusion, person-centred approach emphasizes understanding individual needs and working to maximize their abilities. The continence program was effective in improving patient's continence status. The successful of the program was attributed by patient's and staff's positive attitude.