

Start	End	Topic	Speakers
11:00	11:05	Welcome and Introductions	Tamara Dickinson
11:05	11:25	Meeting the continence needs of people from a first world nation	Lori Saiki
11:25	11:45	An online guided self-determination program to empower people with long-term conditions to better manage their conditions and lives: An online model will be presented. Attendees will learn how this method can empower consumers to effectively manage their continence needs and describe how this can be translated to continence care practices via a set of reflective conversations between the healthcare professional and the person living with incontinence	Bodil Rasmussen
11:45	12:05	Unlocking the potential for participation: working with people with lived experience of stroke and incontinence. Will explore the potential in the “caring conversations” that health-care professionals have with their clients to support the person living with incontinence to flexibly manage their continence care needs. Thus, the consumer is enabled to participate in life roles that have meaning for them.	E Jean C Hay-Smith
12:05	12:25	Priorities for fecal incontinence research: identified through expert opinion, systemic review of the literature (ICS-ICI) and a Cochrane project identifying research gaps and priorities from a horizon scanning of emerging evidence, review of systematic reviews and faecal incontinence stakeholder input.	Donna Bliss Katie Thompson
12:25	12:30	Questions	All

### **Aims of Workshop**

This workshop aims:

- To enhance knowledge about methods of consumer engagement in self-care practices and identify areas for future research

The workshop objectives are:

- To demonstrate how community-based self-management programs can be adapted to support indigenous and marginalised communities with continence care
- To describe and evidence-based theoretical framework about self-management that can support people living with a chronic condition such as incontinence.
- To show how caring conversations with people with incontinence can reframe continence care possibilities
- To review the current literature relating to faecal incontinence and identify future research gaps

### **Educational Objectives**

This workshop will introduce new and evidence-based concepts of self-management to continence care. Attendees can consider how differing theoretical frameworks can be applied to their clinical practice and utilise the skills described to engage with consumers to set achievable goals in daily care. Differing perspectives and the success of the presented programs and research review will give a variety of tools for the practitioner to apply to their specific client groups.

### **Learning Objectives**

Increase participant knowledge about self-management

### **Target Audience**

Urology, Urogynaecology and Female & Functional Urology, Bowel Dysfunction, Conservative Management

### **Advanced/Basic**

Intermediate

### **Suggested Learning before Workshop Attendance**

none