

Start	End	Topic	Speakers
11:00	11:05	introduction and objectives	Adrian Wagg
11:05	11:20	Epidemiology of incontinence in long-term care and current challenges	Javier Jerez-Roig
11:20	11:35	Conservative management of incontinence in long-term care	Adrian Wagg
11:35	11:50	Technological solutions for continence care delivery in long-term care	Hannelore Strauven
11:50	12:10	Case scenario. Take home messages	William Gibson
12:10	12:30	Discussion. Questions and answers	Adrian Wagg Javier Jerez-Roig Hannelore Strauven William Gibson

Description

Background information: This workshop aims to provide an overview of continence care in long-term care (nursing homes). Given the profound change in older adult nursing home residents in terms of cognitive and functional impairment and medical complexity, there is an increasing need to address continence in this vulnerable group. This workshop will present the current epidemiology of incontinence in older adult nursing homes and the challenges for quality care delivery. We will review the state of the evidence for conservative management of urinary and fecal incontinence in older residents of long-term care. The limitations of current interventions in this population as well as innovative solutions, such as the application of technology to improve the quality and efficiency of continence care delivery will be highlighted.

Adrian Wagg will chair the session and start by providing a summary of the points to be presented. After that, Javier Jerez-Roig will provide epidemiological information about urinary and fecal incontinence in long term care as well as an exploration of the challenges for continence care in this resource constricted environment. Dr. Wagg will then provide an update of the state of the evidence regarding conservative management of incontinence in frail older adults. The third speaker (Hannelore Strauven) will inform about technologies for continence care delivery in nursing homes and address the challenges and guidelines for their evaluation and adoption. The last speaker, William Gibson, will present an evidence informed case scenario, including practical solutions for everyday problems for discussion as well as the final take home messages. The final part of the workshop will be dedicated to questions of the participants and answers from the speakers.

Key learning points:

1. Raised awareness of the current situation of incontinence in long-term care.
2. Refreshed knowledge of the state of the evidence regarding conservative management of urinary and fecal incontinence in frail older adults.
3. Gained knowledge of innovative (e.g. technological) solutions to improve the delivery of continence care for older adults and their main challenges to adopt them.

Take home messages: Incontinence is highly prevalent in nursing homes (50-80% and 40-60% for urinary and fecal incontinence, respectively). This geriatric syndrome is especially neglected in long-term care and increased efforts at improving knowledge and providing practical training are needed. For most older adult nursing home residents, incontinence is multifactorial but especially associated with impaired mobility and cognition. Conservative management strategies can be used in long-term care but behavioural interventions (e.g. prompted, scheduled voiding) proven effective are potentially difficult to implement and evidence may be based upon a nursing home population which is profoundly different since initial studies were conducted. The application of technological solutions developed and tested to improve the delivery of care is in its infancy but there is potential to improve the care for this most frail and vulnerable section of our society. There remains a requirement for more research, training and innovation (including collaboration between academic and non-academic sector) to ensure that continence care truly leads to a measurable improvement in quality of life for older adult residents.

Aims of Workshop

This workshop aims to provide an overview of the state of the art regarding continence and its care in long-term care. Epidemiology of incontinence in nursing homes and challenges of the current identified deficiencies in knowledge, skills, assessment and management will be presented. We will review the state of the evidence for conservative management of urinary and fecal incontinence in long term care. Innovative resources such as the use of technological solutions for continence care delivery will be highlighted.

Educational Objectives

The continence care of older adult residents of long-term care is a neglected area in terms of education, training, and active management. Continence care in this environment most often consists of containment and “hiding”, rather than active management with the intent of ameliorating symptoms and benefitting quality of life for older adults. The workshop will prove of great value to non-surgical attendees of ICS and will include question and answer sessions (integrated into each section of the workshop), case scenarios (so that participants can integrate the knowledge transferred as well as stimulate clinical reasoning) and a final summary session where attendees will be encouraged to synthesize their learning points for the benefit of the entire audience.

Learning Objectives

1. appreciate the extent and nature of incontinence amongst older adult nursing home residents
2. be able to apply conservative management of urinary and fecal incontinence in frail older adult residents.
3. Understand the potential role of innovative (e.g. technological) solutions in improving the delivery of continence care for older adults.

Target Audience

Urogynaecology and Female & Functional Urology, Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

Cardozo, L, Rovner, E, Wagg, A, Wein, A, Abrams, P. (Eds). Chapter 14: Frail Older Adults. In: Incontinence 7th Edition (2023). ICI-ICS. International Continence Society, Bristol UK, ISBN: 978-0-9569607-4-0. <https://www.ics.org/ici>

Strauven, H., Spiel, K., D'Haeseleer, I., Hallez, H., Vanrumste, B., Vanden Abeele, V. (2020). From Promoting Dignity to Installing Distrust: Understanding the Role of Continence Care Technology in Nursing Homes. In: 11th Nordic Conference on Human-Computer Interaction: Shaping Experiences, Shaping Society, (Paper No. 38). Presented at the NordiCHI '20, Tallinn, Estonia, 25 Oct 2020-29 Oct 2020. ISBN: 978-1-4503-7579-5. doi: 10.1145/3419249.3420104

Strauven, H., D'Haeseleer, I., T'Jonck, K., Hallez, H., Vanden Abeele, V., Crombez, P., Vanrumste, B. (2020). Towards an Ambient Support System for Continence Management in Nursing Homes: An Exploratory Study. In: Proceedings of the 13th International Joint Conference on Biomedical Engineering Systems and Technologies: vol. Volume 5: HEALTHINF, (438-446). Presented at the HEALTHINF2020, Valletta, Malta, 24 Feb 2020-26 Feb 2020. Portugal. ISBN: 978-989-758-398-8. doi:

10.5220/0008963404380446

<https://www.youtube.com/playlist?list=PLvexcpmigFOvblBG3oLmuXVeGr0jD0uUk>

Rajabali SN, Hunter KF, Asaana P, McCreary ML, Nazari S, Wagg AS. Effectiveness of a Smart Urinary Continence Care Assessment System for Nursing Home Residents: A Quasi-Experimental, Sequential Quantitative-Qualitative Methods Trial. J Wound Ostomy Continence Nurs. 2023 Jan-Feb 01;50(1):48-56