Continence Care – 6KNIA318

Level: 6
Credits: 15

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This handbook must be read in conjunction with module information provided on KEATS, the King’s E-Learning And Teaching Service. You will be given access to KEATS on enrolment. Important information relating to assessment and related regulations can be found in the Undergraduate Programme Handbook, available on KEATS and via the Student Services Centre.

This handbook can also be provided in alternative formats (such as large print) upon request to asc@kcl.ac.uk.
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Module overview
This module forms part of the BSc Clinical Practice. The module contributes to your programme of study by building on your knowledge of nursing science and clinical practice experience. Many students use this module to inform their choice of dissertation topic.

Module aim
This module is designed to enable practitioners to explore the theory and practice of nursing patients with continence problems. At the end of the module practitioners will have developed knowledge and skills to enable them to conduct continence assessments, promote continence and manage incontinence in clinical practice.

Learning outcomes
At the end of the course you will be able to:

1. Demonstrate a comprehensive understanding of the anatomy and physiology and neurological control of micturition and defecation
2. Demonstrate an in-depth knowledge of the pathological processes that lead to the breakdown of continence and the therapeutic approaches that aid in the promotion of continence.
3. Critically evaluate the impact of incontinence on the lives of the people that it affects
4. Plan effective care for people and their families affected by incontinence
5. Implement a variety of evidence based practices that manage incontinence and promote continence
6. Critically evaluate care given to develop further strategies where necessary.
7. Use research to promote continence issues and reflect on clinical practice for continuing self-development as an independent, accountable practitioner
8. Critically analyse ethical issues involved in the practice of continence care

Teaching arrangements
The module will be held at a variety of KCL Campus including the Franklin Wilkins Building and James Clerk Maxwell Building, Waterloo Campus and the Clinical Skills Centre, Guys Campus. The course will be taught by a number of specialist lecturers and practitioners. A combination of lectures, group work, student presentations and e-learning will be used.
Submitting coursework
For this module you are assessed by Sue Woodward and Carol Fordham-Clarke.

Assessment criteria
All parts of the assessment must be completed and submitted by the date(s) below. Failure to submit assignments or attend examinations will result in a fail grade being awarded.

It is essential that you use your candidate number on all assignments.

Formative assessment
- The formative assessment is a group tutorial with the module leader
- Prior to this tutorial the student should select a client/patient for the summative assignment.
- Some general reading and an initial literature search should be undertaken before the tutorial
- The tutorial will be a student led discussion focusing around the guidelines for the summative assignment and students’ individual essay plans
- The formative stage will not be graded, but will be considered vital to the success of the overall assignment

Summative assessment
Format: A written assignment of 2,500 words

Overview/title: Critical examination of the nursing management of a client with a continence problem.

Guidelines:
- The assignment should be structured in essay style: subheadings may be used. It should include an introduction, discussion and conclusion. The essay should be logical with lines of argument developed.
- Give a brief description of the client/patient and the care setting.
- Outline the holistic nursing continence assessment performed, giving the rationale for the approach you took and detailing the information that was gathered by this approach.
- Analyse the assessment process e.g. how the information was gathered, sources of information and the appropriateness of all tools used.
- Detail and analyse the nursing interventions given in respect of the continence problem, giving a clear rationale for your care.
- Evaluate the effectiveness of the care given (both assessment and interventions) and make recommendations for future nursing practice.
- Approximately equal proportions of the essay should be dedicated to the assessment episode and analysis of interventions.
- You must demonstrate synthesis and evaluation of knowledge of continence care based on current research and evidence based practice.
- The work should be supported throughout with relevant literature that justifies the assessment and subsequent interventions.
- A reference list must be included using the JAN System.

Please note that any issue regarded as unsafe practice will constitute an automatic fail.
Coursework submission are provided on the modules KEATS site. It is essential that you use your candidate number on all assignments/examinations. Your candidate number, which will begin with X for the academic year 2016/17, will be available via Student Records on the King’s Intranet approximately one month after you enrol.

If you are unable to submit your work by the deadline please refer to the information in your programme handbook on “mitigating circumstances”. If you require further support in these circumstances you are advised to contact KCLSU.

Submission date for coursework: 16 May 2017

Late submissions will be accepted for 24 hours following the submission date. All work submitted late will be marked as normal but will be capped at the pass mark for the module. If your assignment is a hard copy please ensure you date stamp it and submit it to the submission room G15 James Clerk Maxwell Building. If your assignment is submitted electronically through TurnItIn, information about how to submit late will be provided on KEATS module sites under assessment information. Please label the file with your candidate number and double-check you have submitted the correct file.

The external examiner for this module is Lois Seddon. Students are not to make direct contact with external examiners, in particular regarding their individual performance in assessments.

The College and its Examination Boards in the ten Faculties (Institutes/Schools, King’s Learning Institute and the Association of King’s College (AKC), work with over 500 external examiners to ensure the quality and standard of our taught awards. Find the latest report on the External Examiners Report page, navigate to the Faculty of Nursing and Midwifery section.

Results and resubmissions for coursework
Students will receive a provisional (unratified) mark for their coursework 4 weeks following submission. According to the method of submission as detailed on your KEATS site, if your work was submitted online you will be able to download marked coursework from KEATS; alternatively, if you completed a hard copy submission you can collect your coursework and feedback from the Student Services Centre.

To collect a hard copy assignment, you must provide your candidate number. Alternatively, you may send a stamped addressed envelope to the Student Services Centre ensuring that this is large enough to accommodate your assignments and that you have applied sufficient postage. Hard copy assignments will be retained for four weeks; if you have not collected your assignment by then, it will be destroyed.

Feedback will include the award of a numerical grade which remains provisional until ratified by the examination boards. The dates for the examination boards are available on KEATS. Ratified marks can be viewed via Student Records on the King’s Intranet, the Monday following the relevant examination board.

The marking criteria by which your work is judged are provided in full in your programme handbook. Please also refer to the section in your programme handbook on plagiarism and how to avoid it. If you have a query about how to refer to a specific piece of work please ask your module leader, your group leader or a member of library staff for guidance or please use King’s Libguides site.
The feedback you receive on your assignment will guide you towards how to do better next time or how to maintain your existing high standard!

If you do not understand your mark or the feedback you receive please contact Sue Woodward.

If you are unsuccessful, it is recommended that you contact the module leader before submitting your second attempt. This will enable the module leader to provide you with an appropriate level of support as you prepare to resubmit your work.

Submitted work available for download: 14 June 2017 (Exam board 27 June 2017)

Resubmission date: 7 August 2017

Re-submitted work available for download: 5 September 2017 (Exam board 12 September 2017)
Learning resources

Session 1: Physiology of Micturition and types and causes of Urinary Incontinence

**By the end of the session you will be able to:**
- Discuss the normal neurobiological control of micturition
- Define urinary incontinence and its epidemiology
- Appraise common types and causes of urinary incontinence

**Pre/post-session reading**


Session 2: Principles of Assessment in Continence Management

**By the end of the session you will be able to:**
- Evaluate the importance and rationale for assessment in continence care
- Critically analyse the appropriate use of trigger questions
- Appraise the usefulness of continence assessment tools

**Pre/post-session reading**


Session 3: Behavioural Methods of Treating Urinary Incontinence

By the end of the session you will be able to:

- Identify and critically discuss the evidence base for a range of lifestyle modifications, physical therapies and behavioural interventions that are used to treat urinary incontinence including: pelvic floor muscle training, bladder training programmes, electrical stimulation and biofeedback.
- Critically appraise the information and support needs required for patients undergoing behavioural interventions for treatment of urinary incontinence
- Demonstrate an understanding of relevant NICE guidelines in relation to behavioural interventions for urinary incontinence.

Pre/post-session reading


Session 4: Skin Care and Prevention of Incontinence Associated Dermatitis

By the end of the session you will be able to:

- Explain the pathophysiology of incontinence associated dermatitis and differentiate between pressure ulcers and incontinence associated dermatitis
- Critically discuss the evidence base for the prevention and treatment of incontinence associated dermatitis

Pre/post-session reading


Session 5: Intra and Post-partum Bladder Care

By the end of the session you will be able to:

- Appraise the importance of maintaining adequate bladder care for women during and after childbirth

Pre/post-session reading


Session 6: Using a Bladder Scanner

By the end of the session you will be able to:

- Evaluate indications, contra-indications and precautions for using a portable ultrasound to assess residual urine
- Appraise the skills required in order to safely use a portable ultrasound device
- Demonstrate practical use of a portable ultrasound device

Pre/post-session reading

Session 7: Enuresis — Student Presentations

By the end of the session you will be able to:
- Evaluate enuresis and identify the nature of the problem
- Critically analyse the evidence base underpinning commonly used interventions to treat enuresis

Pre-session reading
Links to the Cochrane reviews for interventions for enuresis can be accessed via the KEATS site for this module.

Session 8: Physiology of Defecation and Common Bowel Disorders

By the end of the session you will be able to:
- Identify the functions of the gut, especially the colon, rectum and anus
- Describe normal physiology of defecation
- Critically analyse common bowel disorders and the pathophysiology of constipation and faecal incontinence
- Explore the nature of and indications for investigations for bowel disorders

Pre/post-session reading


Session 9: Bowel Continence Nursing

By the end of the session you will be able to:

- Critically analyse the aims and nature of biofeedback for faecal incontinence and constipation
- Appraise simple nursing interventions to improve faecal incontinence and constipation
- Evaluate the evidence base for biofeedback for functional bowel disorders

Pre/post-session reading


Session 10: Trans-anal Irrigation

By the end of the session you will be able to:

- Demonstrate an understanding of the indications and contra-indications for trans-anal irrigation
- Discuss the evidence base for and appropriate use of trans-anal irrigation for management of constipation (e.g. Peristeen)
- Critically appraise the information and support needs required for patients who are being taught to use trans-anal irrigation for constipation

Pre/post-session reading


Session 11: DRE and MRF

By the end of the session you will be able to:

- Explore indications, contra-indications and precautions for digital rectal examination, digital removal of faeces and rectal irrigation
- Appraise the skills required to undertake these nursing procedures

Pre/post-session reading


Session 12: Psychosexual Issues in Continence Care

By the end of the session you will be able to:

- Evaluate psychosexual issues that may be associated with incontinence or its management
- Appraise nursing assessment of sexual health for people with continence problems
- Critically analyse practical methods to deal with sexual health problems for people with continence problems.

Pre/post-session reading


Session 13: Catheter Maintenance Solutions

By the end of the session you will be able to:

- Evaluate the indications for and appropriate use of catheter maintenance solutions
- Critically analyse the evidence base underpinning use of catheter maintenance solutions

Pre/post-session reading


Session 14: Containment – Aids and Appliances

By the end of the session you will be able to:
- Critically appraise the range of products available to promote continence and management of incontinence
- Select appropriate products for treatment of different types of continence problem
- Critically analyse the need for both clinical and cost-effective product selection.

Pre/post-session reading


Module evaluation
At the end of the module you are requested to complete the short online evaluation which will be available on your module KEATS site. Student evaluations are very important to us and are required by Health Education England and the regional London Local Education and Training Boards.

Action from previous evaluations
Like the use of external speakers: this will be continued for the current module.
<table>
<thead>
<tr>
<th>Date</th>
<th>Session Title</th>
<th>Time</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Feb 2017</td>
<td>Introduction to the course</td>
<td>11.00-11.30</td>
<td>Sue Woodward</td>
<td>K2.31 King’s Building, Strand Campus</td>
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<tr>
<td></td>
<td>Physiology of Micturition and types and causes of urinary incontinence</td>
<td>11.30-13.00</td>
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<td></td>
<td><strong>Lunch</strong></td>
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<td></td>
<td>Principles of assessment in continence management – group work</td>
<td>14.00-15.00</td>
<td>Sue Woodward</td>
<td>1.62 FWB</td>
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<td>Behavioural methods of treating urinary incontinence (PFMT, bladder training, Stim)</td>
<td>15.00-16.00</td>
<td>E-learning</td>
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<td>17 Feb 2017</td>
<td>E-learning: Pharmacological management of urinary incontinence</td>
<td>11.00-13.00</td>
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<td>E-learning: Surgical interventions for urinary incontinence</td>
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<td>24 Feb 2017</td>
<td>Intra and post-partum bladder care</td>
<td>11.00-12.00</td>
<td>Angie Rantell</td>
<td>Gainsford Lecture Theatre WEC</td>
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<td>Skin Care and prevention of incontinence associated dermatitis</td>
<td>12.00-13.00</td>
<td>Sue Woodward</td>
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<td><strong>Lunch</strong></td>
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<td></td>
<td>Using a bladder scanner</td>
<td>14.00-15.00</td>
<td>Lena (KCH)</td>
<td>Skills labs 3&amp;4 WEC</td>
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<td>Enuresis: student presentations</td>
<td>15.00-16.00</td>
<td>Sue Woodward</td>
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<tr>
<td>03 March</td>
<td>Physiology of defecation and common bowel disorders.</td>
<td>11.00-13.00</td>
<td>Sue Woodward</td>
<td>TBC</td>
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<tr>
<td>03 March</td>
<td>Bowel continence nursing, laxatives and behavioural methods for bowel control</td>
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<td><strong>Lunch</strong></td>
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<td><strong>Lorraine - Coloplast</strong></td>
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<td>03 March</td>
<td>Trans-anal irrigation</td>
<td>14.00-15.00</td>
<td>Sue Woodward</td>
<td>G8 CSC Guys Campus</td>
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<td>03 March</td>
<td>Digital rectal examination, manual removal of faeces</td>
<td>15.00-16.00</td>
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<tr>
<td>10 March</td>
<td>E-learning: Catheterisation</td>
<td>11.00-13.00</td>
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<td>14.00-16.00</td>
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<td>10 March</td>
<td>Psychosexual issues in continence care</td>
<td>10.30-11.30</td>
<td>Sue Woodward</td>
<td>1.13 FWB</td>
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<tr>
<td></td>
<td>Catheter maintenance solutions</td>
<td>12.00-13.00</td>
<td>Maggie Rew</td>
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<td></td>
<td><strong>Lunch</strong></td>
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<td><strong>Maggie Rew - BBraun</strong></td>
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<tr>
<td>28 April</td>
<td>Containment: aids and appliances</td>
<td>14.00-15.30</td>
<td>Sue Woodward + reps - Tony Sollo 14.00 Sally – Ontex (+ buns) 14.30 Eric Gaise - Hollister 15.00</td>
<td>1.60 FWB</td>
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<tr>
<td></td>
<td>Evaluation</td>
<td>15.30-16.00</td>
<td>Sue Woodward</td>
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**Location key:**
FWB – Franklin-Wilkins building, Waterloo campus
CSC – Chantler SaIL Skills Centre, Guy’s campus
WEC – Weston Education Centre, Denmark Hill