

"tips into day-to-day life", cont'd...

- If you notice a strong-smelling odour, you cannot pass urine, or you pass reduced amounts of urine that is dark in colour, tell the nurse. These are indications that you may have to drink more.
- If you notice skin irritation or breakdown, tell the nurse.

#### **Dementia and Incontinence People**

In the early stages of Alzheimer and other dementias may forget where the bathroom is or how to use it. In the middle and later stages of dementia, people lose the ability to look after themselves and forget how to urinate. Provide cues, prompts and encouragement related to toileting. Establish a regular bathroom schedule. Mishaps may happen related to the dementia. Be patient and understanding.

#### **Individual Care for Individual Needs**

Our goal is to ensure that each resident receives the continence care best suited to their individual needs. Feel free to ask any questions. Our team is here to help you.

#### **We take quality seriously**

As part of our ongoing commitment to quality, *E.J. McQuigge Lodge* is fully accredited by the Canadian Council on Health Services Accreditation (CCHSA).



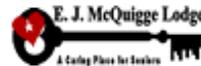
CCHSA is a non-profit, non government organization that helps health service organizations across Canada examine and improve the quality of the care and services they provide for their clients. Health service organizations are assessed against national standards every three years.

Accreditation is consumers' assurance of quality care.

# Continence



## Did you know?



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Cannifton, Ontario  
2007

### **Focusing on dignity, Comfort and Independence**

Incontinence, the loss of bladder control, affects one in five Canadians over age 65.

It is one of the most frequent and distressing symptoms experienced by residents in long-term care homes. Estimates are that 75 - 80% of residents have some degree of incontinence. Embarrassment, Frustration, fear and social stigma prevent many people from seeking information and help for the problem. As a result, many people miss opportunities for early assessment and management.

E.J. McQuigge Lodge focuses on providing continence care that maintains dignity, comfort and independence. We know that early assessment and diagnosis may identify and correct incontinence in instances where it is reversible. We also know by assessing and diagnosing as early as possible, we can promptly introduce treatments, strategies and products to manage incontinence.

### **Misconceptions about Incontinence**

- Incontinence is not a disease. It is a symptom of other problems, such as weakened pelvic muscles, neurological disease, injury, impaired mobility, urinary tract infection, constipation and dehydration.
- Incontinence can also occur as a side effect of some medications or surgery. Incontinence may result from some of the diseases and impairments that come with increasing age, but it is not an automatic part of aging.
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- Treatments and strategies for managing incontinence can be successful, particularly with early assessment and diagnosis.

### **It starts with Assessment**

Bladder control depends on having a properly functioning bladder, bowel, digestive and neurological systems, and the desire and ability to go to the toilet alone or with assistance. A change in one or more of these factors could result in incontinence. Incontinence may also be caused or aggravated by medications and/or illness.

At E.J. McQuigge Lodge, we assess new residents for continence shortly after admission. We look for causes of incontinence and for factors that contribute to it. Based on this assessment, our interdisciplinary care team develops an individualized care plan to treat or manage the incontinence.

If the incontinence is reversible, we will discuss treatment options with the physician, resident and family. If the incontinence is not reversible, we will develop the most appropriate management plan for the resident, discussing things such as coping strategies and helpful products to manage incontinence.

### **The right size is important**

The briefs are designed to fit snugly with the soft curved elastic gently shaping close to the body to enhance leakage protection. It is important that each resident's briefs are the right fit, and the right size, to ensure comfort and to prevent leakage in clothing and linens. This is why we measure and fit each resident.

Because of the care we take in measuring and sizing, these briefs are more formfitting and less bulky than other options. The result is more mobility, more comfort and more dignity for residents coping with incontinence.

### **Other coping strategies**

Other skills and strategies to prevent and manage incontinence can also be built into the care plan, and are often successful in improving continence and quality of life. We encourage residents and families to incorporate these "tips into day-to-day life".

- Select clothing that is easy to undo and remove.
- Drink 6 - 8 glasses of fluid each day. Do not try to prevent incontinence by drinking less. Drinking small amounts makes urine more concentrated, causing bladder irritation and laying the groundwork for infections.
- Limit drinks with alcohol and caffeine. Caffeine drinks include tea, coffee, cola
- Empty your bladder every 3 - 4 hours during the day, especially after meals, before bed and before you go out.
- Don't ignore the urge to urinate. The risk of infection is increased if urine is stored in the bladder too long.
- Wash your skin after an episode of incontinence with mild soap and warm water.