

The Adult Bladder & Bowel Care Service

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Bladder & Bowel Head office and single point of contact across Hertfordshire:

Park Drive Health Centre
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Baldock,
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What do we do?

- Small nurse-led service across Hertfordshire
- Work alongside community nursing teams
- Assessment, diagnosis, treatment & management of those with bladder and/or bowel problems
- Clinic appointments
- Home visits
- Referral by GP's and other health/social care professionals

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Bladder Problems

- Can be caused by a range of health problems
- Leaking of urine on coughing, sneezing, getting up from a chair
- Urgent and frequent need to pass urine, passing small amounts
- Difficulty starting flow of urine
- Getting up frequently at night
- Bedwetting and/or day time incontinence
- No awareness of the need to pass urine
- Frequent urine infections
- Not able to reach the toilet in time
- Feeling that the bladder doesn't empty properly
- Urinating in an inappropriate place








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Bowel Problems

- Can be caused by a range of health problems
- Constipation: less than 3 movements per week, hard motions, straining to pass, pain
- Incontinence
- Diarrhoea: loose, watery motion, frequency and urgency
- Irritable bowel
- Soiling caused by inability to clean effectively
- Dietary problems
- Emptying bowel in an inappropriate place
- Loss of awareness

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THE BRISTOL STOOL FORM SCALE

<i>Type 1</i>		Separate hard lumps, like nuts (hard to pass)
<i>Type 2</i>		Sausage-shaped but lumpy
<i>Type 3</i>		Like a sausage but with cracks on its surface
<i>Type 4</i>		Like a sausage or snake, smooth and soft
<i>Type 5</i>		Soft blobs with clear-cut edges (passed easily)
<i>Type 6</i>		Fluffy pieces with ragged edges, a mushy stool
<i>Type 7</i>		Watery, no solid pieces ENTIRELY LIQUID

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What can be done?

- Assessment is key to understanding the individual's problems including the impact on others
- Cure may not be possible however there will be some improvements that can be made
- Simple tests can be carried out to help determine what is going on:-
 - Bladder scan
 - Urine tests
 - Analysis of bladder & bowel diaries

How to keep the bladder healthy

- **Drink:** 1-1 ½ litres (3 pints) a day. Avoid caffeine/fizzy drinks. Lemon based drinks
- **Diet:** Healthy diet. Being overweight can increase bladder problems
- **Health check:** Raise any concerns with your GP (blood in urine, pain). Some medicines can cause bladder difficulties
- **Exercise:** Keep moving
- **Regular bladder emptying:** dependent on drinks; 5-7 times per day. Offer the toilet regularly to your loved one.

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How to keep the bowel healthy

- **Healthy bowel pattern:** 3 times per day – 3 times per week
- **Drink:** 1-1 ½ litres (3 pints) a day. Avoid caffeine/fizzy drinks
- **Diet:** Healthy diet. Fruit and vegetables, 5 portions daily, linseed
- **Health check:** Raise any concerns with your GP (recent change in bowel habit, blood in motion or on wiping, pain). Some medicines can cause bowel difficulties
- **Exercise:** Keep moving
- **Routine:** First thing in morning, after meals – best time to stimulate the bowels.

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Step one



Knees higher than hips

Step two



Lean forwards and put elbows on your knees

Step three



Bulge out your abdomen
Straighten your spine

Correct position



Knees higher than hips
Lean forwards and put elbows on your knees
Bulge out your abdomen
Straighten your spine

Treatments/Management

- Bladder retraining
- Pelvic floor exercises
- Medication
- Intermittent catheterisation
- Anal irrigation
- Containment products
- Aids and appliances

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Thank you for your attention
Any questions?

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