


Dementia Carers Forum

28th January 2020

Fairlands, Stevenage



<p>1</p>	<p>Present</p>	
	<p>Carers Speakers</p>	<p>14 Amanda Palmer and Melanie Wilkinson – The Adult Bladder and Bowel Service Hertfordshire Community NHS Trust</p>
	<p>Carers in Herts</p>	<p>Tracy Logan – Admiral Nurse Sally Stratford – Involvement and Development Worker Dementia Clare Teale – Carer Support Advisor</p>
<p>2</p>	<p>Welcome</p>	
	<p>All carers and speakers were welcomed to the forum, and informed that it was a very relaxed and informal session so that the carers could participate in the discussion.</p>	
<p>3</p>	<p>Presentation</p>	
	<div style="text-align: center;">  <p>Bladder Bowel Workshop 2017.pdf</p> </div> <p>(for those that are receiving the information by post a copy of the presentation is included)</p>	
<p>4</p>	<p>Clarification/Questions/Comments on the Presentation</p>	
	<p>Questions</p>	<p>Is it inevitable that someone with Dementia will be incontinent? It is common that people with Dementia do develop incontinence but everyone is individual</p> <p>It is very difficult to get a urine sample from someone who is incontinent and wears pads, is there anything that can help? You can purchase a kit called a 'Newcastle Kit' this helps you to get a sample from the pad. These are available from chemists or online. The Alzheimer's society has a fact sheet with more information: https://www.alzheimers.org.uk/get-support/daily-living/obtaining-samples-urine-test-for-UTI</p> <p>My partner goes to the toilet frequently especially at night, why? Males over the age of 50 are more prone to having problems with their prostate which can cause them to urine more frequently, please speak to your GP about this.</p>

		<p>My mother drinks water with lemons in, which has lots of citric acid in. Is this a good idea?</p> <p>Citric acid can irritate the bladder lining but patients with a catheter it can help prevent a blockage in the tubes, so if she has a catheter then it is a good idea.</p> <p>What about drinking milk?</p> <p>Drink anything; milk is better than not drinking.</p> <p>What about caffeine?</p> <p>Caffeine can irritate the bladder making you feel like you need to go to urinate by making the bladder contract. Decaffeinated drinks are better and often taste the same.</p> <p>My wife has a lot of pain in her stomach, she drinks summer fruits and tea and coffee. It prevents her from going out. Why is this?</p> <p>There may be some underlying issue or medication that is irritating the bladder and bowel, ask your GP to refer you to our service and we can come out and do an assessment.</p> <p>Does thickener in drinks affect the bladder?</p> <p>No fluid comes in many forms, not just liquid. You can get fluids from soup, fruit, jelly, ice lolly's and many more.</p> <p>Is cranberry juice good for you?</p> <p>Cranberry juice lines the stomach and stops bacteria attacking the lining but it is only affective if you drink it slowly throughout the day.</p> <p>If you think that we can help you or the person that you care for then please ask you GP or another health professional like the district nurse to refer you to our service.</p>
5		<p>Admiral Nurse Service:</p> <p>Tracy Logan (Admiral Nurse) discussed the admiral nurse service available in Hertfordshire and some top tips for carers who are caring for someone with Dementia.</p> <p>Carers in Hertfordshire have a team of 6 admiral nurses working in the community of Hertfordshire; their main purpose is to provide specialist dementia support to families when things get challenging or difficult. The Admiral nurse works with the carer and families for a varied amount of time depending on the need, they work in the community in a setting that is suitable for the carer and family. The work would primarily be looking at the carer's health and wellbeing, whilst making referrals and accessing support for the person with Dementia. We work closely with other health professionals making referrals when necessary.</p> <p>Some of our work includes managing distressing and challenging behaviours and understanding communication difficulties as people with dementia often see the world differently, for example they may see patterns in the carpet or curtains as</p>

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snakes, dark door mats as black holes in the ground and can't understand the difference between light and dark.

Referrals for an admiral nurse are through Herts help on 0300 123 4044 or call Carers in Hertfordshire on 01992 58 69 69 and we can make the referral for you.

Useful sights that are available are:

Dementia UK: <https://www.dementiauk.org/get-support/admiral-nursing/>

Alzheimer's Society: <https://www.alzheimers.org.uk/>

6 Closing comments and information

Carers and the speakers were thanked for attending and invited to stay for lunch where they could talk to the admiral nurse or carer support adviser for more support and advise.

If there are any issues that carers would like to look at in future forums then please let Sally Stratford know on 01992 58 69 69 or sally.stratford@carersinherts.org.uk

Next forums

Wednesday 18th March 1.30pm-3.30pm at Tennyson Hall, Bricketwood, St Albans AL2 3PJ. The topic for this forum will be respite care. A light lunch is provided before the Forum.

Please call **01992 58 69 69** to book a place.

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