

RCN Bladder and Bowel Forum Conference 2024

Fundamentals of continence care



Friday 15 November 2024

RCN HQ, London

Contents

Welcome	3
Programme	4
General information.....	6
Speaker information.....	9
Exhibitor listings.....	18
Acknowledgements and thanks.....	19
Future RCN Events	20

Welcome

Dear Colleague,

On behalf of the Royal College of Nursing (RCN), welcome to the RCN Bladder and Bowel Forum Conference: Fundamentals of continence care.

We trust that you will find the conference stimulating and informative and that you'll have an opportunity to network with colleagues during the event. We hope you will go away feeling inspired, invigorated and armed with information to share with colleagues in your workplace.

The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are included in the conference pack and the framework for reflection can be found on the reverse. You are encouraged to contribute attendance at RCN events towards your framework for reflection which can be included in your portfolio.

At the end of the event, you will receive an email with a link to the online conference evaluation. We'd be grateful if you would complete this as soon as possible and within seven days of the conference. Your comments and feedback are invaluable in helping us plan future RCN conferences.

RCN staff and committee members are also on hand to answer any queries you may have regarding your membership. Or if you're a non-member, they can inform you of the many benefits of joining the RCN. As a member, you can join any number of the RCN Forums. Forums have active Facebook groups that provide you with the opportunity to connect with colleagues and keep up to date on current practice related issues.

The RCN has professional forums across the diverse nursing arena and RCN members can join as many of these forums as they wish. Forums are a huge area of influence and direction for the RCN and are a valuable opportunity to network with colleagues around the UK and be involved in consultation responses, conferences, events and workshops, and forum-led publications. Find out more at: <https://www.rcn.org.uk/Get-Involved/Forums-and-networks>

We'd like to thank you for supporting this conference and look forward to welcoming you back to future RCN events. A full list of future events can be found on page 20 of this conference brochure.

With best wishes,

Fiona Le Ber, Co-Chair - RCN Bladder and Bowel Forum
Queen's Nurse. Education & Development Coordinator. Family Nursing & Home Care, Jersey

Programme

Programme

9.00	Registration, exhibition, networking and refreshments		
10.00	Chair's opening remarks Fiona Le Ber, Queen's Nurse. Education & Development Coordinator. Family Nursing & Home Care, Jersey		
10.15	Keynote: Urine luck Jacqueline Emkes, Patient advocate		
11.00	Essentials of Continence Assessment Anna Hancock, NMP Clinical Nurse Specialist for Continence Care – Coventry and Warwickshire Partnership NHS Trust		
11.30	Refreshments and exhibition viewing		
12.00	Initial management of continence Janice Reid, Lecturer in Nursing, School of Nursing, University of Ulster		
12.30	Resources to support Continence Care Nikki Cotterill, Professor of Nursing in Continence Care, UWE and North Bristol NHS Trust		
13.00	Lunch and exhibition viewing		
14.00	Breakout sessions		
	1. Puzzle by products Karen Irwin, Service Manager / Specialist Nurse, Bladder and Bowel UK	2. Demystifying laxatives Jenny McCarthy, Clinical Nurse Specialist for the Emerald Nursing Team at B. Braun	3. Catheter trouble-shooting Victoria Coghlan, Nurse Consultant Bladder & Bowel, Aneurin Bevan University Health Board
Room	Cowdray Hall (ground floor)	307 (third floor)	313 (third floor)
14.30	Transition time		
14.35	Breakout sessions		
	1. Puzzle by products Karen Irwin, Service Manager / Specialist Nurse, Bladder and Bowel UK	2. Demystifying laxatives Jenny McCarthy, Clinical Nurse Specialist for the Emerald Nursing Team at B. Braun	3. Catheter trouble-shooting Victoria Coghlan, Nurse Consultant Bladder and Bowel, Aneurin Bevan University Health Board
Room	Cowdray Hall (ground floor)	307 (third floor)	313 (third floor)

15.05	Refreshments and exhibition viewing		
15.30	Breakout sessions		
	1. Puzzle by products Karen Irwin, Service Manager / Specialist Nurse, Bladder and Bowel UK	2. Demystifying laxatives Jenny McCarthy, Clinical Nurse Specialist for the Emerald Nursing Team at B. Braun	3. Catheter trouble-shooting Victoria Coghlan, Nurse Consultant Bladder & Bowel, Aneurin Bevan University Health Board
Room	Cowdray Hall (ground floor)	307 (third floor)	313 (third floor)
16.00	Transition time		
16.05	Ask the experts – panel Q&A RCN Bladder and Bowel Forum Committee Members		
16.20	Chair’s closing remarks Fiona Le Ber, Queen’s Nurse. Education & Development Coordinator. Family Nursing & Home Care, Jersey		
16.30	Conference close		

General information

Conference enquiries

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

Badges

For security purposes, participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

Programme

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

Q&A

Two roving microphones will be available during question times for the audience to use. Any person chosen to ask a question should announce their name and workplace before asking their question. Following a response, they may be invited to comment on that response.

Event evaluation

We aim to produce high quality events for all our delegates. An event evaluation will be emailed to all delegates. Please spare 5 minutes, your feedback helps us plan future events.

Exhibition

There is a small exhibition running alongside this event. These exhibitors have chosen to exhibit at this conference as they feel their products and/or services may be of interest to you. The exhibition also supports the conference, therefore please take the time to go and visit each exhibition stand during the exhibition viewing times.

Receipts

If you require a receipt or have any queries relating to your registration or payment for this event, please contact staff on the registration desk at the event. Alternatively, receipts are also available by contacting RCN Event Registrations direct on 029 2054 6460 between 9.00am and 4.30pm Monday to Friday.

Specific requirements

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

Electronic devices

Out of courtesy to others, delegates are requested to switch off or set to silent all electronic devices during conference sessions.

Smoking

20 Cavendish Square operates a no-smoking policy (this includes electronic cigarettes). This means that smoking is prohibited in any part of the building including the restaurant patio area and the access areas to the building; for example the main steps and ramp to 20 Cavendish Square and by the goods entrance at 1a Henrietta Place.

Toilets

Toilets are located on the lower ground or first floor, and accessible toilets on the ground floor.

Fire Evacuation Procedure

In the event of an evacuation:

- If the alarm sounds, please make your way to the nearest fire exit. The meeting point is Cavendish Square Gardens.
- Use the stairs – do not use the lifts.
- Anybody who would need help to evacuate the building should let reception or the organiser know when they enter the building so the venue is aware in the case of a fire alarm.
- If anyone is trapped or in need of assistance, please inform Reception or a Fire Marshal.

Assembly Point

- Cavendish Square Gardens is the assembly point.
- Cross the road using the zebra crossing or traffic lights, it is dangerous to cross the road at any other place.
- Please remain in Cavendish Square Gardens until a Fire Marshall instructs you otherwise.

Liability

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attendance at this event.

Continuing Professional Development

The RCN believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised RCN certificates of attendance have been issued to all participants. This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.

Free information at your fingertips

The RCN offers several FREE online resources with all the latest information and guidance on nursing practice issues such as: clinical guidelines, patient safety and eHealth - see <http://www.rcn.org.uk/development/practice>.

Media partner

RCNi is the premier provider of innovative and creative information solutions for the whole nursing team and associated health professionals. With 11 nursing

journals, including Nursing Standard, RCNi provide health professionals with the latest developments impacting nursing, including changes in policy, practice and research. RCNi also offer a range of digital products including RCNi Learning, an interactive online resource of CPD training modules, and the RCNi Portfolio, an online store and tracking system to help you with revalidation.



The team at Urology News are looking for contributions from urology nurses. If you are interested in learning more then please contact jennifer@pinpoint-scotland.com

Speaker information

Plenary speakers:

Jaqueline Emkes, Patient Advocate

Talk title: Urine Luck

Summary

The presentation gives a brief medical background which started in 2009. Having suddenly moved from BC (before catheters) to AC (after catheters) the world of, urodynamics, catheters and infections suddenly became a reality. Rather than look back in anger, Jacqueline decided to try to shout out for patients everywhere in the hope that in future the nightmares of continence become less scary.

Learning outcomes

1. To raise awareness of choices in continence care
2. To highlight trusted sources of information about continence
3. To guide the development of a gold standard of care for continence

Recommended reading list

1. Continence Product Advisor
<https://www.continenceproductadvisor.org/products>
2. HS England Excellence In Continence Care
<https://www.england.nhs.uk/wpcontent/uploads/2018/07/excellence-in-continence-care.pdf>
3. ALTAR STUDY Harding, C., Chadwick, T., Homer, T., Lecouturier, J., Mossop, H., Carnell, S., King, W., Abouhajar, A., Vale, L., Watson, G., Forbes, R., Curren, S., Pickard, R., Eardley, I., Pearce, I., Thiruchelvam, N., Guerrero, K., Walton, K., Hussain, Z., Lazarowicz, H., ... Ali, A. (2022). Methenamine hippurate compared with antibiotic prophylaxis to prevent recurrent urinary tract infections in women: the ALTAR non-inferiority RCT. Health technology assessment (Winchester, England), 26(23), 1–172. <https://doi.org/10.3310/QOIZ6538>

Biography

Jacqueline is a secondary maths teacher and since a surgical accident in 2009 has tried to represent patients experiencing bladder problems. From NHS to NICE and NIHR projects she hopes she has made a difference somehow somewhere. Jacq's knowledge and experience of research includes:

- Patient member of NICE guideline committee CG121 Women's Urinary Incontinence and Pelvic Organ Prophase
- Bladder Health UK – Patient Rep Trustee <https://bladderhealthuk.org/>
- University of Southampton with Professor Mandy Fader Margaret Macauley advisor for the website known as <https://www.continenceproductadvisor.org/>
- All Parliamentary Political Group (Bladder and Bowel Health) <http://www.appgcontinence.org.uk/>

- Co applicant NIHR project bid: NIHR CPOP study Co-Applicant NIHR151938 explore the feasibility and acceptability of conducting a study comparing the effectiveness of colpocleisis with sacrospinous fixation (SSF)
- Co applicant NIHR project bid NIHR 158130 VESPER TRIAL NIHR158130 IntraVESical Preparations for Recurrent Urinary TrAct Infection Prevention (The VESPER Study)
- The Colley Project: dedicated to continence assessment, treatment and management https://www.continenceassessment.co.uk/colley_model/
- BABCON continence app to support people with continence issues by Bristol Health Partners' Bladder and Bowel Confidence Health Integration Team (BABCON), UWE Bristol and associated health partners.
- Pelvic Floor Health Programme. Pelvic Floor Oversight Group

Talk title: Essentials of Continence Assessment

Summary

Incontinence is a symptom of an underlying cause. A diagnosis of the cause of urinary incontinence should be identified by a suitably qualified professional before a management plan can be made with the individual. We will focus on four types of urinary incontinence, stress urinary incontinence, overactive bladder, problems with bladder emptying and functional incontinence. We will look at the symptoms and underlying causes of each type. This session will provide an overview of evidence-based assessment and diagnosis for people presenting with symptoms of incontinence. The focus will be understanding how the use of a holistic assessment, including the use recognised tools can lead to a diagnosis of the type or types of urinary incontinence. This will then enable a management plan to be developed with the individual presenting with symptoms.

Learning outcomes

1. identify the importance of a holistic nursing assessment to support the diagnosis of type or types of urinary incontinence.
2. describe four types of urinary incontinence including their symptoms and underlying causes
3. describe how a nurse can differentiate between the four types of urinary incontinence discussed, based on the use of evidence based assessment methods and investigations discussed.

Recommended reading list / references

1. <https://journals.rcni.com/nursing-standard/cpd/identification-assessment-and-treatment-of-urinaryincontinence-and-bowel-control-issues-ns.2023.e11977/abs>
2. <https://www.ucc-today.com/journals/issue/launch-edition/article/part-2-continence-assessmentand-investigations-2>

Biography

Anna qualified as an RGN in 1996, initially working in a Neurology setting where her passion for supporting patients experiencing bladder and bowel dysfunction began. This led to a subsequent 25-year career within continence services, working in various roles across the West Midlands including within learning disability and children's services. Anna currently leads a 'Community Nursing Bladder and Bowel Care Team' for adults within the Coventry area. She has recently been able to work alongside colleagues and national children's charities to establish a new 'Coventry and Warwickshire' wide Children's Bladder and Bowel Care Service, responding to local needs. With a passion for teaching and learning, Anna supports the delivery of bespoke training for her own organisations and others including Bladder and Bowel UK, 'Nursing in Practice' conference and in partnership with the MS Society and Acute Neurology teams in Coventry for patients with Multiple Sclerosis. Anna has recently become a Queen's Nurse, as a formal recognition that she is part of a professional network

of nurses committed to delivering and leading outstanding care in the community. Anna aims to ensure patients with bladder and /or bowel dysfunction receive person centred, expert nurse led care, at the right place and time, enabling patients to achieve their very best outcomes. Anna has worked with the Bladder and Bowel Forum initially as part of a working party that updated the RCNi e-Continence Learning Resource She went on to join the forum as a committee member, editing the RCN Catheter Care guidance, developing a series of specialist webinars around bladder and bowel dysfunction, and working with the Forum on the upcoming Bladder and Bowel Forum Conference. Anna is a member of the 'Paediatric Continence Forum' a group advocating for the continence needs of children and young people in the UK. Anna is working with a group of our RCN Bladder and Bowel forum Paediatric Bladder and Bowel Care link Nurses on developing a new RCN guidance document aimed at supporting nurses caring for children and young people with 'Day Time Wetting'.

Talk title: Management options in caring for people with continence disorders

Summary

This session will provide an overview of evidence based management options in caring for people presenting with continence disorders. The focus will be on conservative management to include fluid intake, bladder retraining, constipation management and lifestyle considerations, but the role of pharmacological management will also be briefly explored. In addition, the need for setting realistic goals in the context of shared decision making and person-centred care will be addressed.

Learning outcomes

1. Identify at least three conservative management options for continence care.
2. Initiate an evidence based management plan for a person experiencing continence disorders.
3. Explain the importance of shared decision making in achieving person-centred continence care

Recommended reading list / references

1. Kelly AM and Jordan F (2015). Empowering patients to self-manage in the context of incontinence. *British Journal of Nursing* 24(14): 726-730
2. Kelly AM (2021). Addressing and acting on individual ideas on continence care. *British Journal of Nursing* 26(1): 38-43

Biography

Janice has worked as a Continence Nurse Specialist then Clinical lead. Her main interest is in management of neurogenic bladder and bowel dysfunction as well as continence education. Janice has been involved in providing education to nurses throughout her career and on leaving the NHS secured a position as a Lecturer in Ulster University. As a part of post-registration teaching, she leads on the development and delivery of online modules on bladder and bowel dysfunction. Janice is passionate about ensuring person-centred care for individuals and bladder and bowel dysfunction and promotes the drive for excellence and evidence based practice.

Nikki Cotterill, Professor of Nursing in Continence Care, UWE and North Bristol NHS Trust

Talk title: Resources to support continence care

Summary

This session will provide an overview of freely available resources to support continence promotion and care for all healthcare staff. Highlighted resources will enable healthcare professionals to provide signposting to self-help, support for continence assessment, identification of continence products to support symptom management, and location of bladder and bowel services. In addition, charity sources will be highlighted that provide practical support and information, helpline availability and advice for carers.

Learning outcomes

1. Identify resources to support continence promotion and care.
2. Describe ways to embed resources into practice to support care of people with bladder or bowel leakage.

Recommended reading list

- <https://confidenceapp.uk/>
- <https://www.continenceassessment.co.uk/>
- <https://www.continenceproductadvisor.org/>

Biography

I qualified in 1999 and worked in medicine and surgery before pursuing my interests in research at the Bristol Urological Institute in 2003. I am now an Associate Professor of Nursing in Continence Care at UWE and North Bristol NHS Trust having completed my PhD in 2009, developing a self-report symptom and quality of life questionnaire for individuals with faecal incontinence – the ICIQ-B. A driving ambition since my early PhD research has been to bridge the gap between people with bladder and bowel symptoms and the treatments that can help. I have spent approaching 20 years focusing on developing research to improve outcomes for all with bladder and bowel symptoms and am passionate about improving the experience for individuals with a focus on self-help and service development. I am also the Director of the newly developed Bladder and Bowel CONfidence Health Integration Team (@babconHIT) taking a city- and system-wide approach to improvements in continence care provision and the wider societal experience of living with bladder and bowel symptoms. We are working collectively to raise the profile of bladder and bowel care through education, research and integrating care across systems, ensuring collaboration with patients and the public in all we do.

Follow me on Twitter for all things related to continence care research:
@NikkiC07

Break-out sessions:

Karen Irwin, Service Manager/ Specialist Nurse, Bladder & Bowel UK / Manchester University NHS Foundation Trust

Talk title: Puzzle By Products

Summary

This session will provide an overview of the wide variety of continence products that are available, to support individuals' continence requirements/ bladder and bowel management. This practical session will enable healthcare professionals to increase awareness of the varying products that are available, identification of continence products to support management. In addition, other health care professionals and charity sources will be highlighted that provide practical support and information, for individuals experiencing bladder and / or bowel health issues and those that may care for them.

Learning outcomes

1. Identify products to support bladder and bowel management.
2. Awareness of National Guidance documents.
3. Describe ways to support the care of people with bladder or bowel leakage and improve individuals' quality of life.

Recommended reading list / references

1. <https://www.continenceproductadvisor.org/>
2. <https://acpcontinence.co.uk/wp-content/uploads/2023/11/Guidance-provision-of-incontinence-products.pdf.pagespeed.ce.MHMu7SO1vt.pdf>
3. <https://www.bbuk.org.uk/>

Biography

Karen has worked as a specialist nurse in bladder, bowel and pelvic health services for the past 30 years. Her experience has been in community, hospital and third sector care. She currently has a dual role, as Service Manager at Bladder & Bowel UK, a national service for adults, children and young people, whilst continuing her NHS specialist nursing clinical practice, in a tertiary, pelvic floor service. Karen is a member of a number of professional and patient groups and a committee forum member on the Royal College of Nursing Bladder and Bowel Forum.

Jennifer McCarthy, Regional Lead Nurse, Emerald Nurse Team B.Braun Medical

Talk title: Medications for Bowel Management

Summary

This session aims to explore common laxatives used in practice, including appropriate selection, mechanism of action and contraindications for use

Learning outcomes

1. Identify the main classes of frequently used laxatives
2. Describe their mechanism of action
3. Identify contra-indications and cautions for use

Recommended reading list / references

1. Wexner, S. D., & Duthie, G. S. (Eds.). (2006). Constipation Etiology, Evaluation and Management (2nd ed. 2006.). Springer London.
2. Ford, A.C. and Talley, N.J. (2012) "Laxatives for chronic constipation in adults," BMJ (Clinical research ed.), 345, p. e6168. Available at: <https://doi.org/10.1136/bmj.e6168>.
3. Nice (2007) Faecal Incontinence in Adults. Available at: Overview | Faecal incontinence in adults: management | Guidance | NICE

Biography

I currently work as the Regional Lead Nurse (North) for the Emerald Nurse Team at B.Braun Medical. For the majority of my career, I have worked in Bladder and Bowel care, including primary, secondary, and private healthcare settings. Having started my career in Urology in 1992, I have worked as a Continence Advisor for 18 years and as a Urogynaecology Specialist Nurse for 9 years. My areas of expertise include continence assessment and management, catheter care and troubleshooting, urodynamics, non-medical prescribing, pelvic floor dysfunction and bowel management. Throughout my career, I have dedicated myself to advancing the field of Bladder and Bowel care and have been fortunate to have contributed to many changes; including service redesign and the development of Level 1& 2 continence assessments and treatment pathways for bladder and bowel care. Additionally, I have contributed to the development of community catheter clinics, a project to reduce avoidable catheter associated admissions and developed the service specification for a Community Trial Without Catheter Service. Most importantly, I am proud of who I am & what I do.

Talk title: Catheter Trouble Shooting

Summary

Long-term catheterisation is rarely completely free of complications. The most common problems are catheter blockage and leakage. When a catheter blocks a full assessment of the patients' catheter history must be completed (NICE, 2012). This break out session will aid the nurse to carry out a trouble shooting assessment of the problematic urinary catheter and how to manage the problems identified.

Learning outcomes

1. Explain how to trouble shoot problematic catheters
2. Identify management options for the problematic catheter

Recommended reading list / references

1. EAUN Evidence Based Guidelines for Best Practice in Urological Health Indwelling Catheterisation in Adults 2024
2. RCN Catheter Care Guidance for Health Professionals 2021
3. Nice Guidelines 2012 Healthcare-associated infections: prevention and control in primary and community care

Biography

Victoria commenced her nurse training in 1992 in South East Wales. It was her time spent in Urology which sparked her passion in Urology and Continence Care. She soon specialised in Continence work with a research role initially. This led to a certification in Urodynamics, where she helped run a nurse led Urodynamic service in a busy District General Urology Department. In 2001 Victoria moved to a Community Continence Advisor post and has worked in this field ever since. She is an independent prescriber and is currently Consultant Nurse at Aneurin Bevan Health Board.

Exhibitor listings

The RCN would like to thank the following organisations for supporting this event.

Exhibitor

Name	Weblink
Attends	https://www.attends.co.uk/
Bladder Health UK	https://bladderhealthuk.org/
Qufora	https://qufora.com/
Stryker	https://www.stryker.com/

The RCN welcomes sponsorship from the health care industry to deliver educational initiatives and events for the nursing profession. Financial support is accepted where there is clear alignment in objectives and strong grounds that the collaboration will add value to the RCN's educational offer.

The RCN works to ensure that all commercial activity is ethical, mutually beneficial and complies with the Bribery Act and relevant codes of practice e.g. Association of British Pharmaceutical Industries and Association of British Healthcare Industries.

Sponsorship or exhibition led activity does not imply endorsement by the RCN of any products and services displayed by the sponsors or exhibitors at an RCN event.

Acknowledgements and thanks

RCN Bladder and Bowel Forum Committee

RCN Staff

Melissa Askam, Events Organiser

Sarah Stephenson, Events and Marketing Administrator

Jonathan Fromings, Senior AV Engineer, RCN



Follow the forum on social media:

[@RCNcontinence, #BBFC24](#)

Future RCN Events

www.rcn.org.uk/events

Date	Event	Location
23 November	Nursing Support Worker Conference	RCN HQ, London
29 November	RCN and SOM joint Occupational Health Nursing Conference	RCN HQ, London
10 December	RCN Women's Health Conference	RCN HQ, London
11 December	RCN Equity, Diversity and Inclusion Conference	RCN HQ, London
7 February	RCN Diabetes Conference	RCN HQ, London
7 March	RCN Pain and Palliative Care Conference	RCN HQ, London
22 March	RCN and NaTHNaC 8 th Joint Travel Health Conference	Online
29 March	RCN Critical Care and Flight Nursing Forum Conference	RCN HQ, London
31 March – 1 April	RCN Education Forum Conference	Glasgow
6 June	RCN Acute Care Symposium	RCN HQ, London