



Course Overview

Hands up if you have ever had an incident with your bladder or bowels? A water leak in the supermarket or an uncomfortable bottom moment in a DIY store? Yep, me too! Most of us have an embarrassing or funny story about an occasional accident where we got caught short but, while we jest, there is a very serious side to managing continence.

Whilst the odd incident may cause amusement for some of us, imagine experiencing this every day or even every few hours. Living with incontinence, whether short term or permanently, is actually no fun at all. Whilst it is not a life-threatening condition, it can have a serious impact on a person's quality of life. In this course, we explain what healthy habits look like and what issues to look out for. We will also provide practical guidance on how to support individuals to manage incontinence. Are you ready for some anatomy?

Course Content

1. What is continence?
2. Bladder and bowel health and functions
3. How continence difficulties can affect an individual
4. Interventions and treatments
5. Continence aids and equipment
6. Supporting individuals to manage continence
7. Promoting active participation, dignity and privacy
8. Hygiene and safety
9. Challenges and risks
10. Monitoring and reporting

Course Duration 45 Minutes

Developed in partnership with a continence specialist.

Accessibility

To change your accessibility settings or translate the course into another language, sign into your Click account before taking this course.

Assessment and Certification

Sign in to your Click account before you take this course to take the assessment and immediately access/download your certificate upon successful completion.

Quality Marks