### **Contact information**

Phone: Please leave a

message and we will call you

back as soon as possible

Office: 07 4126 2685

Della 0400 845 585

Ariana 0459 756 429

Catherine 0427 489 828

Sandra 0418 568 580

Fax 07 4126 2002

admin@cnservice.com.au

www.continencenurse.com.au

A referral form can be downloaded from the website if required

### **Community Nurse Service**

### Nurses are located in:

- Wide bay Area of Queensland covering Bundaberg, Childers, Maryborough, Hervey Bay and surrounding areas
- Brisbane—please ask about suburbs covered

# Continence Assessment



Community Nurse Service specializing in Continence Care

### Many people affected

Bladder and bowel problems affect many people in Australia. Current statistics reflect that one in four Australians of all ages and from all walks of life can be affected. Some examples:

- Leak urine or faeces
   when lifting, laughing,
   sneezing or coughing or
   leak on the way to the
   toilet
- Feeling of not emptying completely after using the toilet for bladder or bowel
- Wetting the bed at night
- Leak urine or faeces and be unaware that it has happened

#### **Special Interest**

Nurses employed by
Community Nurse Service have
a special interest in assisting
people with continence issues.
All nurses are Registered
Nurses with the Australian
Health Professionals
Registration Authority
(AHPRA).

An assessment is aimed at identifying the cause/s of the bladder or bowel problems so that conservative strategies can be identified to manage the problem.

A Continence Assessment is very thorough and looks at all aspects of your life that is affected by your unique problems.

The nurse caring for you will

## What to expect in an assessment

A home visit (if suitable) for a face to face interview to take your detailed health history and collect information about your unique problem

With your consent, the Nurse will collaborate with other Health Professionals involved in your care.

It may also be necessary to collect information from other people who support you in your daily life.

You may be required to complete a fluid diary, food diary or bowel diary to show the issues you are having

The Nurse will take your weight, height, blood pressure and may perform a urine test and a simple bladder scan if needed.

It may need more than one visit to complete all parts of the assessment.