

## Many people are 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 of how you might be affected:

- Leak urine or faeces when lifting, laughing, sneezing or coughing or leaking 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
- Going to the toilet frequently at night
- Leaking urine after going to the toilet
- Constipation or diarrhoea



## What to expect

A home visit (if suitable) for a face-to-face interview to collect information about your unique problem (Telehealth assessments may be possible for outlying areas).

With your consent, the nurse will collaborate with other Health Professionals involved in your care, if required, or collect information from other people who support you in your daily life.

You may be required to complete various diaries to show the issues you are having.

The nurse may 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 and usually a review to follow up on any recommended strategies and/or products.

The nurse might recommend that you are further assessed by your GP/Specialist.

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

The nurse will provide you with education and/or explanations about your problems and develop a plan to help you manage. She may arrange a trial of samples.

This may include applying to Government Schemes for financial assistance with continence aids if you meet eligibility criteria and completing reports for your funding provider (if you have one).

## Services



- Continence Assessment for all ages
- Continence Care Plans
- Complex Bowel Management Plans
- Access to samples of continence consumables
- Report writing (NDIS/HCP)
- Liaison with GP/Specialist and other allied health or service providers
- Applications for Continence funding/subsidy (CAPS/MASS/DVA)
- Indwelling urinary catheter changes (IDC/SPC) and support
- Client education
- Carer and support worker education (in-home and in-service)
- Community Trial of Voids and teaching self-catheterisation

## Where are we located?

Nurses are located in:

- Wide Bay area covering Bundaberg, Childers, and surrounds.
- Fraser Coast area covering Maryborough, Hervey Bay and surrounds.
- Brisbane northern suburbs, please ask about suburbs covered.
- Sunshine Coast - please ask about suburbs covered.
- Outlying regions may be able to access assessments via Telehealth - please ask.



## About us and our Service

CNS is a nurse-led organisation.



Sandra —Wide Bay



Rhiannon —Wide Bay



Ann-Marie —Wide Bay



Ariana —Nth Brisbane



Vivette —Fraser Coast



Bernadette —Fraser Coast



Kaitlyn —Sunshine Coast



Tarryn —Sunshine Coast

Nurses employed by CNS have a special interest in assisting people with continence issues.

All nurses are experienced Registered Nurses registered with the Australian Health Professionals Registration Authority (AHPRA).

We are passionate about providing excellent client-centred care and enabling people to improve their bladder and bowel health, and how they manage it.

*Funding for our service: NDIS, DVA, HCP + Private Health Funds or by personal payment – please contact us about your funding situation.*

*Setting the Standard for Continence Care*

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## Community Nurse Service

*Specialising in Continence Care*

## Continence Assessment

What's it all about?