MANAGEMENT OF THE BLADDER AND URINARY DRAINAGE APPARATUS

URINARY INCONTINENCE AIDS
Key words: Incontinence, pads, absorbent, bladder care

AIM
• To provide the information to enable the nurse / midwife to appropriately choose and use incontinence products.

KEY POINTS
1. When considering the use of absorbent products to manage incontinence, various factors need to be considered:
   • Functional ability of the woman.
   • Type and severity of the incontinence.
   • Availability of care givers.
   • Failure with previous treatment.
   • Woman’s preference and co-morbidity.
2. Incontinence products shall not be used as an alternative for toileting programmes.
3. Absorbent pad use may not encourage self-help and often has negative emotional impacts on the individual.
4. The long term use of pads has financial implications for the individual.

TYPES OF PADS
SELF ADHESIVE
• Has a waterproof backing and is secured with an adhesive strip.
• Worn with firm fitting underwear.
• Can be used for small quantities of urine loss.

NON ADHESIVE
• Have a waterproof backing and need to be worn with firm fitting underwear or disposable net pants.
• Generally are used for large volume urine loss.
• The individual needs to have good manual dexterity to be able to manage the pads.

ABSORBENT BODY WORN / SELF CONTAINED PANTS
• Pulled on like underwear.
• Used for mobile women who are unable to manage the other 2 piece systems
• Used for women who are suitable for toileting programmes
SIDE FASTENING / ALL IN ONE STYLE PADS

- Used for those women who are bed or wheelchair bound with intractable incontinence and are unable to be managed by other means.
- Useful for large quantities of urine.

OTHER ALTERNATIVES

- The use of physical aids to encourage independence e.g. occupational therapy aids.
- Intermittent self-catheterisation.¹
- Physical assistance to reach the toilet facilities.

REFERENCES / STANDARDS


National Standards – 1- Care Provided by the Clinical Workforce is Guided by Current Best Practice
Legislation – Nil
Other related documents –

RESPONSIBILITY

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