



**Course title:** Continence Care

**Duration:** Half day

**Maximum number of learners:** 16

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#### **Course overview:**

This course has been designed to give Health care workers, individuals and family members knowledge in supporting a person with continence needs. This course will give the learner knowledge and skills to develop care plans that are person specific and appropriate to their needs. This course uses real life case studies and scenarios to encourage a simulated learning experience with practical participation throughout.

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#### **Course learning outcomes:**

By the end of the day, learners will be able to:

- Define the terms continence and incontinence
- Explain why incontinence occurs
- Define the different types of incontinence
- Explain why it occurs
- Discuss the basic functioning of the urinary system
- Understand continence problems associated with elderly males
- Describe different treatments
- Name neurological conditions associated with urinary incontinence
- State how many older people are affected by urinary and faecal incontinence
- Explain why it is important for care professionals to have a good understanding of continence care