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| Title | Demonstrate knowledge of incontinence and interventions to assist a person in a health or wellbeing setting | | |
| Level | 3 | Credits | 5 |

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| Purpose | <p>People credited with this unit standard are able, in a health or wellbeing setting, to</p> <ul style="list-style-type: none"> • identify types of incontinence and how it affects the person being supported; and • demonstrate knowledge of interventions, products, and practices to assist people living with incontinence. |
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| Classification | Health, Disability, and Aged Support > Health and Disability Principles in Practice |
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| Available grade | Achieved |
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Guidance Information

1 Definitions

Health or wellbeing setting includes but is not limited to: the aged care, acute care, community support, disability, mental health, rehabilitation, social services and youth development sectors.

2 Resources

Australian Government Department of Health. (n.d.). *Bladder and Bowel*.

<http://www.bladderbowel.gov.au/>

Continence NZ. (n.d.). *Caring for someone with incontinence*.

<http://www.continence.org.nz/content/Continence-Information-Adults/18/>

Continence NZ. (n.d.). *Older People and continence*.

<http://www.continence.org.nz/content/Continence-Information-Adults/18/>

Continence Foundation of Australia. (n.d.). *Resources on bladder, bowel and pelvic floor health*. <https://www.continence.org.au/pages/resources.html>.

Deakin University funded under the National Continence Management Strategy. (2009). *Continence Tools for Residential Aged Care: An Education Guide*.

<https://dro.deakin.edu.au/eserv/DU:30041030/oconnell-conttooledguide-2009.pdf>

Outcomes and performance criteria

Outcome 1

Identify types of incontinence and how it affects the person being supported in a health or wellbeing setting.

Performance criteria

- 1.1 The causes of common types of urinary incontinence are identified.
- Range common types of urinary incontinence may include but are not limited to – functional incontinence, mixed urinary incontinence, over-active bladder syndrome, stress incontinence; evidence is required of two types of urinary incontinence.
- 1.2 The causes of common types of faecal incontinence are identified.
- Range common types of faecal incontinence may include but are not limited to – constipation, diarrhoea, impaction; evidence is required of two types of faecal incontinence.
- 1.3 Observable indicators of incontinence are identified in terms of the references.
- Range indicators may include but are not limited to – bladder voiding pattern and control, bowel movements, food and fluid intake, signs of urinary tract infection, skin condition; evidence is required of two indicators.
- 1.4 Factors that may affect a person's ability to remain continent are identified in terms of the references.
- Range factors may include but are not limited to – age, impaired mental function, impaired mobility, infection, medical conditions and diseases, medications, neurological disorders, overweight; evidence is required of two factors.

Outcome 2

Demonstrate knowledge of interventions, products, and practices to assist people living with incontinence in a health or wellbeing setting.

Performance criteria

- 2.1 Interventions for the treatment and/or management of incontinence are identified in terms of the type of incontinence experienced.
- Range interventions may include but are not limited to – access to resources on incontinence for the person and the person's family/whānau; bladder retraining; environmental changes; individualised toileting programme; modification of clothing; modification of food and fluid intake; pelvic floor muscle exercises; providing sufficient time for people to complete toileting requirements; treatment of underlying conditions; use of incontinence medications; use of toileting aids; evidence is required of six interventions.

2.2 Processes for correct use, removal and disposal of incontinence products are described.

Range products may include but are not limited to – absorbent pads, products for bed and chair protection, ostomy products, uridomes, urinary catheters and associated drainage systems; evidence is required of two products.

2.3 Infection control practices that assist a person living with incontinence are described.

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| Replacement information | This unit standard replaced unit standard 27140. |
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| Planned review date | 31 December 2026 |
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Status information and last date for assessment for superseded versions

| Process | Version | Date | Last Date for Assessment |
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| Registration | 1 | 19 March 2015 | 31 December 2023 |
| Rollover and Revision | 2 | 24 October 2019 | 31 December 2023 |
| Review | 3 | 24 March 2022 | N/A |

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| Consent and Moderation Requirements (CMR) reference | 0024 |
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council qualifications@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.