

<b>Title</b>	<b>Describe incontinence and interventions to assist a person in a health or wellbeing setting</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>This unit standard is for people providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able to describe: incontinence and how it affects the person being supported, and interventions, products and practices to assist people living with incontinence, in a health or wellbeing setting.</p>
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<b>Classification</b>	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation and codes relevant to this unit standard include but are not limited to: Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 (the Code of Rights); Health and Disability Services (Safety) Act 2001; Health and Safety at Work Act 2015; Human Rights Act 1993; Privacy Act 1993.  
The above legislation is available at <http://www.legislation.govt.nz/>.
- 2 New Zealand Standards relevant to this unit standard include but are not limited to: NZS 8134.0:2008 *Health and disability services Standards – Health and disability services (general) Standard*; NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*; NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards*; NZS 8158:2012 *Home and community support sector Standard*; available at <http://www.standards.co.nz/>.
- 3 In the context of this unit standard, *support* should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.

## 4 Definitions

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

*Organisational policies and procedures* – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company's health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.

*Person* – a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, service user, tūrora, or tangata whai ora.

## 5 Resources

Australian Government Department of Health Bladder and Bowel website:

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

Continence Foundation of Australia website:

<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*. Burwood, Vic., Australia. This resource is described at <http://www.bladderbowel.gov.au/>, and the tools are available at <http://www.continence.org.nz/content/Continence-Information-Adults/18/>.

Continence NZ. (n.d.). *Caring for someone with incontinence*. Available at <http://www.continence.org.nz/content/Continence-Information-Adults/18/>.

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

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

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## Outcomes and performance criteria

### Outcome 1

Describe 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 described in terms of the primary references.

Range common types of urinary incontinence may include but are not limited to – stress incontinence, over-active bladder syndrome, mixed urinary incontinence, functional incontinence; evidence is required of a minimum of two types.

- 1.2 The causes of common types of faecal incontinence are described in terms of the primary references.

Range common types of faecal incontinence may include but are not limited to – constipation, diarrhoea, impaction; evidence is required of a minimum of two types.

- 1.3 Observable indicators of incontinence are described in terms of the primary references.
- Range indicators may include but are not limited to – skin condition, bladder voiding pattern and control, bowel movements, food and fluid intake, signs of urinary tract infection; evidence is required of two indicators.
- 1.4 Factors that may affect a person’s ability to remain continent are described in terms of the primary references.
- Range factors may include but are not limited to – age, impaired mental function, impaired mobility, overweight, infection, medications, neurological disorders, medical conditions and diseases; evidence is required of two factors.

**Outcome 2**

Describe 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 described in terms of the type of incontinence experienced.
- Range interventions may include but are not limited to – individualised toileting programme; use of toileting aids; providing sufficient time for people to complete toileting requirements; environmental changes; modification of clothing; access to resources on incontinence for the person and the person’s family/whānau; modification of food and fluid intake; bladder retraining; pelvic floor muscle exercises; use of incontinence medications; treatment of underlying conditions; evidence is required of six interventions.
- 2.2 Containment of incontinence is described in terms of the correct use, care, removal, and disposal of continence products.
- Range products may include but are not limited to – absorbent pads, uridomes, urinary catheters and associated drainage systems, products for bed and chair protection, ostomy products; evidence is required of two products.
- 2.3 Infection control practices that assist a person living with incontinence are described in terms of organisational policies and procedures.

<b>Replacement information</b>	This unit standard replaced unit standard 27140.
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<b>Planned review date</b>	31 December 2021
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	19 March 2015	N/A
Rollover and Revision	2	24 October 2019	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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 Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.