

Continence Care

Learning aims and outcomes

Online learning and face to face practical assessment in the provision of bowel and urinary support and face to face practical assessment in the safe administration of a suppository and enema.

With a focus on safe and effective client support, this module guides support workers through the provision of basic bowel and urinary support.

You will learn key responsibilities in how to provide bowel support, including the administration of suppository and micro-enema, and how to provide urinary support, including catheter care and support with a penile sheath.

Downloadable resources and video demonstrations provide detailed guidance on client support and help you **prepare for practical assessment**.

Please allow approximately two hours to complete this online course, and 20 minutes for your practical assessment.

Learning Outcomes

Upon successful completion of this course, you will be able to:

- explain ways to promote and maintain healthy bowel and urinary function
- define incontinence and recognise contributing factors
- list common medications used to treat and prevent constipation
- explain the importance of bowel support
- demonstrate how to safely administer suppository and micro-enema
- describe key considerations for urinary and catheter support
- list the core principles of catheter care
- outline your duty of care when providing client support, including when to seek medical advice