

Evaluation on the Effectiveness of Continence Clinic for Elderly Women in Community

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Introduction

There are number of criteria for assessing the effectiveness of interventions for incontinence. However, the patients' own perceptions are necessary components in evaluating the success of the therapy.

Purpose of the Project

The aim of the study is to evaluate the effectiveness of continence clinic for elderly women elderly in community.

Material & Methods

Quantitative approach was used to examine the effectiveness of this study. All female elderly, with AMT score more than five, completed treatment from continence clinic were recruited to this study. Despite pharmacotherapy by physician, nursing management on education, psychological support and strategies of bladder management were also involved in the treatment. After completion of interventions, a completed questionnaire should be collected. The questionnaire consisted of two parts. In part one, self designed questions focused on service satisfaction and the subjective improvement in continence status. Part two, the "York Incontinence Perceptions Scale" was used to measure the impact of incontinence in women.

Results

From 2004 to 2007, 50 cases were recruited with 42 (84%) questionnaires collected. After completion of treatment, all clients (100%) satisfied with the service, waiting time and the treatment by the clinic. 93% of clients reported they had improvement in continence status. Among them, 86% stated that the improvement was more than 50%. 86% of clients expressed that they had better understanding in urinary incontinence and could control over the problem. 83% of elderly women accepted their incontinence while 88% stated that they could cope with it. 90% of clients' sleeping quality was improved. 83% of clients reported that they had more confidence in reducing incontinence. Concerning general quality of life, 88% clients showed satisfaction with it. Only 14% of clients regarded incontinence was an irreversible issue to their family.

Conclusions

Urinary incontinence was commonly perceived as an incurable and inevitable condition. A clear explanation by nurse helped clients in promoting continence status. With better control of incontinence, the impact on the family was decreased relatively. To improve continence care, psychological aspect should also be an area for further exploration.

