Improving continence in care homes

Development and testing of a new care bundle

Background

Incontinence is common in care home residents. Prevalence ranges from 30% - 80%.

Associated risks include falls, infection and skin damage with significant clinical and financial impact. Management is with absorbency pads which contain rather than promote and improve continence.

UK continence guidance (1-6) report fundamental interventions can promote continence and reduce absorbency products in elderly by up to 50%.

This information was the driver in identifying the need for an improvement project which received innovation funding from Health Foundation.

"My mum experienced frequent urinary infections and was always falling. All of this caused great distress to the family. We have seen a huge improvement since this programme was introduced. My mum has not had a urinary infection or a fall since the programme started. She is asking to go to the toilet and is less distressed."
— Daughter of care home resident

Aim

To develop a continence promotion care bundle (CPCB) and promote improvement capability of care home staff.

Primary outcome: To reduce the use of high absorbency products by 25% in 12 months

Secondary outcome: To reduce the risks associated with incontinence.

Methods

• Recruitment of 2 pilot care homes representing North & South Lanarkshire (n=59 residents)

• Development of 2 day education programme for care home staff on continence promotion and improvement methods,

• Development and testing of continence promotion care bundle ( CPCB)

Figure 1. NHS Lanarkshire Continence Promotion Care Bundle (CPCB)

The Model for Improvement was adopted by the project team to engage care home staff in testing and implementing change and improvement.

Quantitative & Qualitative data was collected (September 2016 to June 2017)

Figure 2. Overall Compliance to Bundle Process Measures: Nursing Home

Results/ outcome

Overall, our project showed that low-cost quality improvement interventions can promote continence in care home residents, reducing pad usage and improving safety.

Key successes:

• 56 % Reduction in pad absorbency

• 65% Falls reduction

• 50% UTI reduction

• 30% Reduction in skin damage

• 40% Reduction in hospital admission for falls/ UTI

Project funding supported:

• Development of a DVD capturing project impact on residents and staff.

• Economic analysis in 1 project care home reported circa £ 250k financial benefit through safety improvement

Project DVD Link: https://youtu.be/REOx5PNGTX4

Post Project

• Implementation of CPCB across NHS Scotland recommended by Chief Executives NHS Scotland

• The project won a GO Award for innovation & excellence in Public Procurement HSCP category Glasgow Marriott on 26.10.17.

• NHS Lanarkshire are in the process of wide implementation in care homes

• NHS Highland are in process of developing an implementation plan

• Project dissemination through local, national and international conference poster presentation

Authors

Alice Macleod
NHS National Services Scotland

Jean Donaldson
South Lanarkshire Health and Social Care Partnership

Margaret McDonald
Summerlee Care Home, North Lanarkshire

Eleanor Cook
NHS National Services Scotland

Debra Allison
David Walker Gardens Home, South Lanarkshire

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"The documents developed as part of this improvement have been very beneficial. We can identify residents not taking optimum fluids and have improved on this. Staff found the urinary categorisation very helpful and we have redesigned our care plans."
— Care home manager

Summerlee Care Home Staff

David Walker Gardens Care Home Staff