



## An Australian Government Initiative

### Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

### Questions for Therapists

Please consider the topics listed when assessing clients and ask the following four questions if they have any of the indicators listed:

- Do you need to use the toilet often during the day?
- Do you get up frequently at night to pass urine?
- Are your bowels irregular?
- Do you have any bowel or bladder leakage?

If the client answers 'yes' to any of the above, please ask them if they would like to talk to a Continence Nurse Adviser.

## Resthaven Therapy Services

### Locations

#### Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112  
Telephone (08) 8252 6811  
northernncs@resthaven.asn.au

#### Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043  
Telephone (08) 8296 4042  
marioncs@resthaven.asn.au

#### Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075  
Telephone (08) 8337 4371  
pecs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

[www.resthaven.asn.au](http://www.resthaven.asn.au)



## Continence Clinics

### Information for Therapists



## Holistic Care of Clients

The following lists of diagnosis and medications are indicators that flag possible continence problems in clients.

While not all clients taking the listed medications or diagnosed with the following diseases will necessarily have incontinence, many will have continence problems that impact on quality of life. For example, a client who is taking regular Coloxyl with Senna (a common aperient) will have severe constipation. This will need to be reviewed by the Continence Nurse Adviser and a plan of action developed for the client's best outcome and quality of life.

The following medical diagnoses may be associated with incontinence of the bladder or bowel:

- Asthma
- Arthritis
- Brain Damage (of most kinds)
- Cardiac conditions (of most kinds)
- Cerebral Vascular Accident (CVA)
- Congestive Cardiac Failure (CCF)
- Chronic Lung Conditions
- Chronic Constipation
- Diabetes
- Diverticulitis
- Dementia
- Depression
- High Blood Pressure
- Ischaemic Heart Disease (IHD)
- Irritable Bowel Syndrome (IBS)
- Multiple Sclerosis
- Neurological conditions (of most kinds)
- Osteoporosis
- Paraplegia
- Parkinson's Disease
- Prostatectomy
- Quadriplegia
- Renal Disease
- Spinal Injuries
- Spina Bifida.

The following symptoms or conditions are indicators of bowel or bladder problems:

- Abdominal bloating
- Amputees
- Bladder or Bowel surgery
- Blood in the urine/ Difficulty passing urine
- Blood in the bowel actions
- Chronic pain/ Chronic cough
- Cognitive deficits
- Constipation/ Flatulence (uncontrolled)
- Dehydration
- Faecal incontinence/ Faecal smearing
- Frequent falls
- Frequent day-time toileting (less than 2 hrly)
- Frequent toileting at night (2 times or more)
- Frequent urinary tract infections
- Frequent use of bowels (more than 3/day)
- Gynaecological problems
- History of difficult childbirth
- Hysterectomy
- Menopause (after 20 years)
- Pain on passing urine or on defaecation
- Passing large amounts of mucous on voiding
- Passing mucous in the bowel action
- Poor mobility/ dexterity/ or eyesight
- Post-void dribble (wet spot on men's trousers)
- Prostate problems or surgery
- Swallowing problems
- Wearing incontinence products.

Common **names of medications** known to be associated with bowel/bladder problems:

- Aracept
- Aropax
- Antibiotics
- Baclofen
- Bethanecol (Urocarb)
- Bisacodyl
- Calcium supplements.

Common **names of medications** known to be associated with bowel/bladder problems (continued):

- Celebrex
- Cipramil
- Coloxyl
- Coloxyl with Senna
- Diathiapen
- Diazepam
- Ditropan
- Durolox
- Ferrogradumet
- Imipramine
- Largactil
- Lithium
- Lipitor
- Macrochantin
- Mag Pelligrino
- Minipress
- Metformin
- Neulactil
- Nitrofurantoin
- Narvasc
- Prazoan
- Risperidone
- Renitec
- Senna products (of any kind)
- Urocarb (Bethanecol)
- Vioxx
- Valium
- Voltaren
- Zocor.

This just names a few. These may be under generic names or other brands.

The following medications are associated with incontinence:

- Analgesics (Codeine based)
- Anti-depressants
- Anti-cholinergics
- Anti-inflammatories
- Anti-hypertensives
- Anti-psychotics
- Anti-spasmodics
- Aperients (used regularly)
- Beta blockers
- Calcium supplements
- Calcium channel blockers
- Diabetic medications
- Diuretics
- Iron supplements
- Long term antibiotics
- Muscle relaxants
- Parkinson's disease medications.