

# Continence Awareness Week 2020

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Resource pack and video guide

continence 



# HAVE A WEE CHAT!

**Continence Awareness Week 2020 runs from 15 to 21 June and we are once again encouraging people to have a 'wee chat'.**

It is crucial that we have upfront conversations about continence. We would love you to help encourage this by hosting a wee chat of your own.

Given the ongoing uncertainty of the COVID-19 situation, we are urging people to think outside the square and plan a 'wee chat' online, rather than in a group gathering.

We are offering several 'wee chat' videos on demand, featuring experts on a range of continence topics. You can find a full guide of what to expect in this resource pack.

You can help us out during our awareness week by sharing this pack and our videos.

You can also play a role by simply encouraging anyone in your life who needs support to call the Continence Helpline on 0800 650 659, for a 'wee chat' with us.

Thank you for your ongoing support, and together, we can get Kiwis talking about continence.

- The Continence NZ team



**CONTINENCE  
AWARENESS WEEK  
15-21 JUNE 2020**

Let us know  
about your  
wee chat!  
[info@continence.org.nz](mailto:info@continence.org.nz)

## HOW TO HOST A WEE CHAT ONLINE!

1. CHOOSE YOUR TECHNOLOGY- SKYPE? FACEBOOK? ZOOM?
2. INVITE ANYONE YOU THINK COULD BENEFIT
3. ENCOURAGE PARTICIPANTS TO BE COMFORTABLE AND RELAXED
4. PLAY MATILDA'S VIDEO, OR LINK TO IT, AND HAVE A CHAT ABOUT IT
5. USE THE RESOURCES WE HAVE PROVIDED
6. THROW ALL TABOO AND JUDGMENT AWAY! BE SUPPORTIVE!
7. URGE PEOPLE TO HAVE A WEE CHAT WITH FAMILY AND FRIENDS
8. ENCOURAGE PEOPLE TO CALL US ON 0800 650 659 IF THEY NEED SUPPORT



## FEATURE VIDEO

This Contience Awareness Week, Matilda Green is encouraging New Zealanders who need to talk to reach out to Contience NZ and have a 'wee chat'.

Watch her Contience Awareness Week video message here



## AWARENESS WEEK VIDEO SERIES

We have gathered a range of experts from across the incontinence field for a series of videos which we now have available on demand.

# ON DEMAND VIDEO



**Lisa Smith**

Children's Continence Nurse

Going Potty over Potty Training: Tips for parents and caregivers.



**Kirstyn Campbell**

Mums' Fitness Specialist

Pelvic Floor Safe Workouts: Beginner and intermediate levels.



**Janet Thackray**

Continence Educator

Ask Janet Anything, Carers Edition: Our Continence Educator answers a range of common questions.

[Watch all on our website here](#)

# ON DEMAND VIDEO



**Dr Anna Lawrence**

Urologist

The Prostate and Incontinence: Anna answers some frequently asked questions.



**Liz Childs**

Pelvic Health Physio

Pelvic Floor Exercises: How to do them and why they are so important.



**Dr John Short**

Obstetrician/Gynaecologist

Mesh in New Zealand: An overview and update.

Watch all on our website here



In a series of helpful videos, USL Medical presents a wide-ranging look at some common incontinence questions, such as how to select the right product, how to look after your skin and how to save time and frustration when changing pads. It also dispels some common myths about incontinence.

Plus, you can also watch an in-depth webinar on dementia and incontinence.

[Click here to watch](#)

# RESOURCES

Click on each image to download the full pdf

## How do I know what's normal?

Have a look at our quick reference charts below

### A healthy bladder

- ✓ Doesn't leak, tells you when it's full and gives you time to get to a toilet
- ✓ Can hold up to 400 – 600 ml of urine
- ✓ Empties 4 – 8 times a day
- ✓ May wake you up once a night to go the toilet (or twice if you are older)
- ✓ Completely empties each time

### An unhealthy bladder

- ✗ Leaks urine with coughing/sneezing/lifting
- ✗ Empties more than 8 times per day
- ✗ Can only hold 300mls of urine or less
- ✗ Has you up more than twice a night
- ✗ Does not feel completely empty after passing urine
- ✗ Burns or stings when passing urine
- ✗ The urge is so strong you can't get to the toilet in time

If you think you might have an unhealthy bladder, don't panic!  
Call us on 0800 650 659 for some friendly advice, or go to [continence.org.nz](http://continence.org.nz) for more information.  
Many issues can be easily resolved, with the right support.

📞 0800 650 659    🌐 [continence.org.nz](http://continence.org.nz)

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## How do I know what's normal?

Have a look at our quick reference charts below

### Healthy bowel

- ✓ Daily soft brown stool, a number four on the Bristol stool chart
- ✓ Smooth and shaped like a sausage
- ✓ No straining required
- ✓ No pain on passing a stool
- ✓ No bleeding
- ✓ No leakage or incontinence of stools

### Bristol Stool Chart!

-  Type 1: Separate hard lumps, like nuts (hard to pass)
-  Type 2: Sausage shaped but lumpy
-  Type 3: Like a sausage but with cracks on the surface
-  Type 4: Like a sausage or snake smooth and soft
-  Type 5: Soft blobs with clear-cut edges
-  Type 6: Fluffy pieces with ragged edges, a mushy stool
-  Type 7: Watery, no solid pieces. Entirely liquid

### Unhealthy bowel

- ✗ Passing a stool 3 times a week or less
- ✗ Hard stools that are difficult to pass
- ✗ Having to strain to pass a stool
- ✗ Feeling of incomplete emptying of the bowel
- ✗ Passing blood from the bowel
- ✗ Pain on passing a stool
- ✗ No control over passing a stool - incontinence
- ✗ Very loose or watery stools
- ✗ Change from your usual bowel habit

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# FURTHER RESOURCES

## Concerned about your bladder or bowel health? Not sure if you have a problem?

- Do you ever leak when you laugh, cough or sneeze? Or when you exercise or play sport?
- Plan ahead so you are always near a toilet when you leave the house?
- Do you ever have to run to the bathroom?
- Worry you might not make it in time?
- Ever leak before you get there?
- Do you go wake up to go to the toilet twice or more at night?
- Does your bladder sometimes feel like it isn't empty, even when you've just been to the toilet?
- Do you strain to empty your bowel?
- Ever soil your underwear?

If you answered yes to any of these questions, you may have a bladder or bowel issue. Call us and we can help!

📞 0800 650 659

🌐 [continence.org.nz](http://continence.org.nz)

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## Top tips for bladder and bowel health

- 1 Drink 1.5 -2 litres of fluid per day
- 2 Drink mostly water
- 3 Keep caffeine intake to a minimum
- 4 Do pelvic floor exercises every day for life
- 5 Don't strain to have a bowel motion
- 6 Keep bowel motions soft with enough dietary fibre
- 7 Sit properly on the toilet to relax the pelvic floor
- 8 Ladies, do not hover over the toilet, use toilet paper to sit on
- 9 Any leakage is abnormal - see your GP and ask for a referral to a Continence Nurse
- 10 Any bleeding from the bowel or bladder is abnormal - see your GP



## CONTINENCE FAQS

In our ongoing Continenence FAQ video series, our Continenence Educator Janet Thackray answers some of our most commonly-asked questions.

They include “why do I leak when I cough, sneeze or laugh?” and “how much urine leakage is normal”.

Click the image on the left to find the series on our YouTube page.

# Invest in Continence Webinar Series



Incontinence affects over 70% of care home residents and over 50% of homecare clients. It is important to ensure that we invest the time and resources necessary to ensure that those with incontinence are kept dry and comfortable to minimise pad usage and promote social continence where possible.

To celebrate World Continence Week TENA will run a series of free short webinars on the various elements of continence management. Hosted by experienced nurses in aged care, homecare and continence, topics include Assessment and Product Selection, Skin Care, and Night-time Incontinence Care.

[Click here to register](#)



## About Continence NZ

Continence NZ was established to provide a service to people with continence problems, caregivers, health professionals and the public by providing information and education about continence.

From small beginnings, our annual public awareness campaign has developed into an effective method of promoting awareness of continence problems and encouraging access to professional help.

We also run an 0800 helpline, provide both community and professional education, along with popular pelvic floor focus workshops for fitness trainers, and offer a website packed with information and advice.

# Continence NZ is supported by:



# Thank you for your support!



[info@continence.org.nz](mailto:info@continence.org.nz)



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0800 650 659