

SEND- continence programme

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Abstract

The Paediatric Contenance Forum (2019), highlight that continence is the “ability to maintain bladder and bowel control until a socially appropriate time and place to urinate or defaecate has been reached”. Continence problems can negatively impact on a child's health and wellbeing and can impact on their emotional and psychological development. Although all children can experience continence problems, children with SEND are particularly affected, but often neglected, as mistakenly it is assumed to be part of their condition (Paediatric Contenance Forum, 2019, RCN, 2006). Becoming toilet trained is one of the most important self-help skills for children to acquire as it increases independence and reduces vulnerability (Stenson and Danaher, 2005).

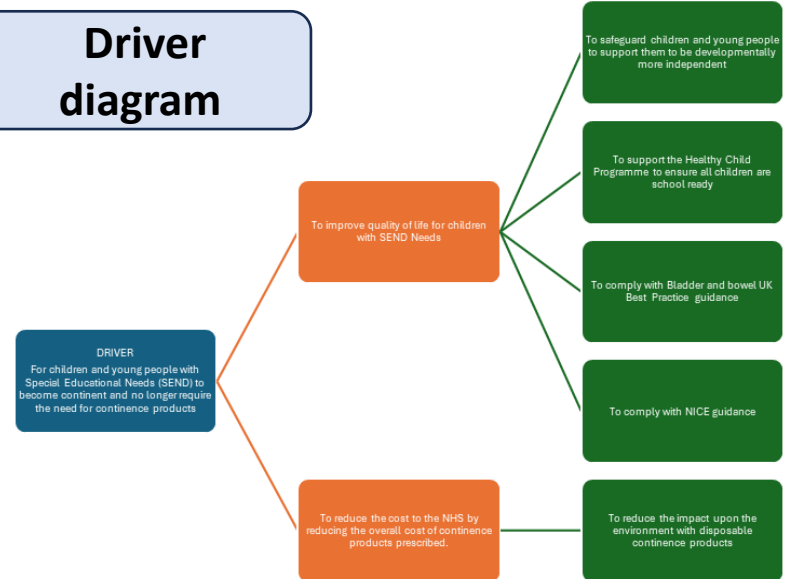
The National Health Service (NHS) is under increasing pressure to make financial savings (Rogers 2016). Walsall Healthcare is currently spending approximately £97,000 per year on continence containment products for children and young people. The annual reviews for children in receipt of continence products in Walsall is approximately £11,500 per year, bringing the cost for the Trust to £108,300 per year.

It is necessary to also consider the long-term environmental impact of issuing disposable containment products, as most products will end up on land-fill sites (Macaulay *et.al* , 2020), this issue could be addressed by the prescribing of less single use continence products.

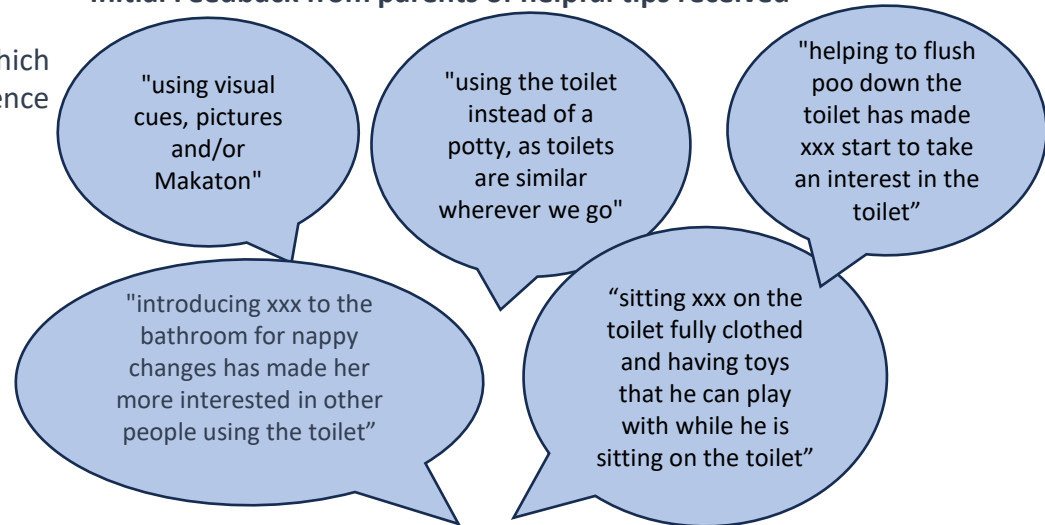
The QI project aimed to review national guidance and support a new programme which would improve the quality of care received, improve quality of life and independence whilst also reducing the cost to the NHS and the impact on the environment.

Further Information

Driver diagram



Initial Feedback from parents of helpful tips received



PDSA

As no previous data is available for comparison, we needed to pilot the project for 6 months before we could begin to evaluate its effectiveness.

Children who started the programme 6 months ago, are now being analysed, with initial findings showing success lower than anticipated. Data will be gathered for 6 months on an SPC chart to further study the findings to ensure the next steps are appropriate.



One Hour Toilet Training Workshop

Previous Programme

Parents of children with SEND experiencing continence issues were previously offered a continence workshop, with no follow up support and no evidence of effectiveness of the workshop. The success of this was difficult to measure as the children whose parents attended these workshops were not followed up. 12.5 % of workshops were attended, and of these, the success rate of children becoming continent was about 2%. There is no data for 87.5% of children.

New Programme

A programme was introduced utilising evidence based best practice from NICE, Bladder and Bowel UK and the National Service framework for best practice for disabled and young people (DOH). The programme provides toilet training advice and support, for a period of 6 months, to the parents/carers of children and young people with SEND needs, who have the potential to be toilet trained. Parents will attend an initial toilet training workshop which will be followed up by 3 review telephone contacts with parent/carer, over a 6-month period to discuss progress and agree further strategies.

The introduction of the new toilet training project was started in October 2023. 31 parents have attended a workshop to date.

Following the workshops parents were contacted by telephone and a toilet training contact form was completed with them. 4 children have been reported as being dry in the post workshop contacts.



0-19 Service- HCP 0-19 SEND Team

The HCP 0-19 SEND Team are responsible for the delivery of the Healthy Child Programme to infants, children and young people, aged 0-19 years, who have Special Educational Needs, this includes infants, children and young people with significant disability, complex health needs and/or a life limiting condition.

Working in partnership
The Royal Wolverhampton NHS Trust
Walsall Healthcare NHS Trust