



TRAINING
WITH HART

Training with Hart – Training you can Trust!

Understanding Incontinence

Training with Hart's Understanding incontinence course explores what issues can arise around continence and why. It explores the different types of incontinence and aims to develop understanding of what is happening to the individual and how this impacts on their physical and psychological wellbeing.

The course aims to provide staff with the knowledge they need to provide quality support around continence while allowing the individual to maintain dignity and control.

Course Duration: **Half Day** (This is a half-day course that can be expanded into a full day course: Continence awareness with catheter and ostomy care.)

Course Content:

- What is Incontinence
- Impact of Incontinence
- Changes to bladder function
- Risk markers
- Treatment possibilities
- Management and Support.

