

# Improving & Managing Continence Care at the End of Life

10% card payments discount\*  
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Monday 25th March 2019 De Vere West One Conference Centre, London



## Chair and Speakers include:

**Tommy Whitelaw**  
*Carer*

**Marie Cooper**  
*Practice Development Lead  
Hospice UK*

**Prof Sonja McIlfratrick**  
*Professor of Nursing and Palliative Care  
Ulster University*

## Supporting Organisations:



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*“Continence is an important component in a person’s health and well-being at any stage of life” NHS England July 2018*

*“Urinary incontinence, constipation and faecal incontinence are common at the end of life, occurring in up to 77% of older patients with cancer receiving palliative care” Preferences for continence care at end of life: a qualitative study Smith N, Hunter K F, Rajabali S, Fainsinger R, Wagg 2018*

*“People living with long-term health conditions, terminal illnesses and older people often struggle with continence issues. It’s an issue affecting a vast amount of people and many are suffering in silence, due to embarrassment and the taboo surrounding incontinence. The symptoms of incontinence can have a significant impact. It can stop people leaving their own homes, leading to them feeling trapped and isolated by their condition. Carers of people with continence problems often struggle daily too. They worry about the effect incontinence has on their loved one. Their situation can lead to feelings of hopelessness, increased anxiety and may jeopardise their own health. Despite the massive impact incontinence has on people’s wellbeing and quality of life, it’s an area that continues to be overlooked.” Marie Curie 2018*

*‘Incontinence can have a profound impact on a person’s quality of life. For those receiving palliative care, incontinence can cause undue stress to both patients and those caring for them. It is important that more research involving people affected by incontinence is funded, leading to improved treatments and care as well as better ways for people to self-manage this distressing symptom... Controlling symptoms is hugely important for people with advanced illnesses such as terminal cancer, dementia or Parkinson’s, and is a key priority for palliative and end of life care. Joined up working of research funders is essential to making a difference.’” Dr Sabine Best, Head of Research at Marie Curie September 2018*

*“Urinary and faecal incontinence are conditions affecting one in three people living in residential care and two in three nursing home residents. Inadequate management of incontinence can lead to escalating costs due to morbidity and unnecessary hospitalisation.” NHS England 2018*

This conference focuses on the important issue of improving continence care for patients at the end of life – improving dignity and quality of life.

The conference will enable you to:

- Network with colleagues who are working to improve care and dignity for people at the end of life
- Learn from outstanding practice in delivering effective continence care at the end of life
- Reflect on national developments and learning from the lived experience
- Improve the way you support carers and relatives
- Develop your skills improving dignity and comfort for patients at the end of life with continence issues
- Understanding treatment options, medication and complications including the prevention of UTI’s
- Develop the role of the continence service in outreach and partnership working with palliative care
- Identify key strategies for improving practice in hospital, care homes, hospices and at home
- Understand how to manage and support people with continence issues mental capacity or have mental health issues
- Update your knowledge on the effective management of constipation in end of life care
- Self assess and reflect on your own practice
- Gain cpd accreditation points contributing to professional development and revalidation evidence

## 10.00 Chair's Introduction: Reducing the stigma around continence at the end of life

**Marie Cooper**  
Practice Development Lead  
Hospice UK

- reducing the stigma around continence at the end of life
- improving dignity and quality of life

## 10.20 Learning from personal experience of caring for a loved one at the end of life

**Tommy Whitelaw**  
Carer, Hon Master, Open University - Health, Social Care & Policy  
UK Project Lead Dementia Carers Voices Health and Social Care Alliance  
Scotland (the ALLIANCE)

- supporting a relatives at the end of life with continence issues: how it feels
- involving people with dementia in decisions about their care
- ensuring individuals and carers are engaged & informed
- improving information about what to expect

## 11.05 Improving and prioritising continence care at the end of life

**Dr Amy Proffitt**  
Consultant in Palliative Medicine  
Barts Health NHS Trust  
Honorary Secretary  
The Association for Palliative Medicine

- starting the conversation with patients and families: agreeing shared goals and planning ahead
- continence care at the end of life: what does good look like?
- how can we improve dignity and comfort for patients at the end of life with continence issues?
- case studies

11.35 Question and answers, followed by tea & coffee at 11.45

## 12.10 EXTENDED SESSION

### Providing dignified respectful continence care to older people at the end of life

**Linda Nazarko OBE**  
Nurse Consultant Physical Healthcare  
West London NHS Trust

- working with the individual to determine the person's goals in relation to continence care
- ensuring that people receive the best possible quality of continence care to enable them to function to capacity and make meaningful choices about how they wish to live their lives
- supporting staff to develop their skills so that they can provide the best possible care and gain maximal job satisfaction
- examples in practice

13.00 Question and answers, followed by lunch at 13.10

## 14.00 The effective management of constipation at the end of life

**Professor Sonja McIlfratrick**  
Professor of Nursing and Palliative Care  
Ulster University

- assessment, diagnosis and management of constipation in palliative care settings
- barriers and facilitators of effective management of constipation within specialist palliative care settings
- a novel educational intervention for health care professionals to help them manage constipation experienced by people in the hospice setting

## 14.30 Effectively managing continence within a hospice setting

**Jackie Whiller**  
Consultant Nurse  
Mountbatten Hospice

- continence management in a hospice setting: issues and benefits
- training and educating frontline staff: delivering a structured programme for managing continence problems
- the benefits we have seen in terms of quality of life

15.00 Question and answers, followed by tea & coffee at 15.10

## 15.30 Continence promotion in care homes

**Jean Donaldson**  
Associate Director of Nursing  
South Lanarkshire Health and Social Care Partnership

- working in partnership with Care Homes
- development of continence promotion care bundle
- reducing harm associated with incontinence and improving quality of care
- case studies and our experience

## 16.00 Working in Partnership: Developing the role of the continence service in outreach

**Michelle Nolan**  
Team Leader Continence Services  
Lancashire Care NHS Trust

- developing the role of the continence service: working in partnership
- supporting and training frontline staff
- ensuring and assuring quality

16.30 Question and answers, followed by close

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# Continence Care at the End of life

## Monday 25th March 2019

### De Vere West One Conference Centre, London

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**Venue**  
De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

**Date** Monday 25th March 2019

**Conference Fee**

£365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.

£300 + VAT (£360.00) for voluntary sector / charities.

£495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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