

What do I need to do prepare before the assessment?

It is encouraged to be freshly showered to facilitate a more comfortable and hygienic examination experience. The assessment is non-invasive and will involve the nurse feeling your abdomen.

Maintaining a bowel diary and a bladder diary provide valuable insight into patterns and potential triggers of incontinence, allowing the nurse to make a more accurate assessment.

Compiling any relevant reports and evidence concerning the incontinence issues and sending them to the nurse prior to the appointment is also essential. This includes medical records, previous assessment results, and details of any treatments or interventions that have been attempted.

Where can I get an assessment done?

Continence assessments provided by Esteem Care Services can be conducted at the individual's home, ensuring convenience and comfort for those who may have difficulty travelling.

Assessments can also be arranged at an Esteem Care Services' office, where individuals can benefit from a dedicated and professional environment.

In cases where the above options are not possible our team is equipped to provide comprehensive assessments via remote consultation, ensuring accessibility for all individuals, regardless of their location or mobility.

What happens after my assessment?

After a continence assessment is completed with Esteem Care Services, a comprehensive report will be compiled to summarize the findings and recommendations.

This report aims to provide a detailed overview of the continence status and any related issues, as well as proposing appropriate interventions and management strategies.

It is important to note that the compilation of the report may take approximately 2 weeks following the assessment, although this timeframe may vary depending on the capacity and workload of our nurses.



Here are some questions you may be asked...

- How often do you go to the toilet?
- How much urine (wee) do you pass?
- What do your bowel motions (poo) look like and how often do they occur?
- How often do you leak urine and are there any specific triggers you notice?
- What is your fluid and diet intake?
- What medications are you currently taking?
- Are you able to go to the toilet unassisted?
- What continence products do you feel you need?

HOME, OFFICE OR REMOTE

