

ROTHERHAM BOROUGH COUNCIL – HEALTH SELECT COMMISSION

1.	Meeting	Health Select Commission
2.	Date	09/07/2015
3.	Title	Urinary Incontinence Scrutiny Review Response
4.	Directorate	Public Health

5. Summary

Rotherham's Health Select Commission completed a scrutiny review of urinary incontinence services in May – June 2014. This review identified a series of recommendations which cut across the Council's directorates. This report provides the Health Select Commission with a six month progress review of the report recommendations. This has been coordinated by Public Health.

6. Recommendations

The Health Select Committee are asked to consider;

- **The recommendations and responses to the urinary incontinence review**
- **The progress made over the past six months and review next steps.**

7. Proposals and details

Background to the review

There were three main aims of the review which were:

- To ascertain the prevalence of urinary incontinence in the Borough and the impact it has on people's independence and quality of life.
- To establish an overview of current continence services and costs, and plans for future service development.
- To identify any areas for improvement in promoting preventive measures and encouraging people to have healthy lifestyles.

Summary of findings and recommendations in the report

The review focused primarily on prevention rather than the costs of current service provision, but recognised that preventative work contributes towards achieving savings for services, for example by reducing admissions to hospital or residential care. Centralisation of continence prescribing has improved outcomes for service users and future service development with greater emphasis on prevention should also produce both further savings and better outcomes. Awareness raising of the importance of good bladder and bowel health and being physically active, including doing pelvic floor exercises as a preventive measure is essential. It is recognised that this could lead to fewer people having their quality of life diminished through urinary incontinence and result in lower future demand for services.

The review conducted was a spotlight review and formulated six recommendations as follows:

- 1 RMBC Streetpride and partner agencies such as SYPTTE should ensure all public toilets in the borough are clean and well equipped to meet the needs of people who have urinary incontinence, including suitable bins for the disposal of equipment and disposable products.
- 2 RMBC Sport and Leisure team should establish greater links with the Community Continence Service in order to support people to participate in appropriate sport and physical activity.
- 3 RMBC Sport and Leisure team should liaise with other sport and leisure activity providers to consider building more pelvic floor exercises into the Active Always programme and wider leisure classes
- 4 There should be greater publicity by partner agencies, coordinated through the Health and Wellbeing Board, to reduce stigma associated with incontinence and to raise public and provider awareness of:

a) the importance of maintaining good bladder and bowel health and habits at all life stages (through media such as screens in leisure centres and GP surgeries, further website development, VAR ebulletin and a campaign during World Continence Week from 22-28 June 2015)

b) healthy lifestyle choices having a positive impact on general health but also helping to prevent incontinence, such as diet, fluid intake and being active

c) the positive benefits of pelvic floor exercises as a preventive measure for urinary incontinence, including the use of phone apps for support

d) the need to include the impact of incontinence due to medication, such as diuretics, within a patient's care

5 RMBC Neighbourhoods and Adult Services should work with care homes to encourage more staff to participate in the training offered by the Community Continence Service and to increase staff understanding of the impact of mobility, diet and fluid intake on continence.

6 That the Health Select Commission receives a report from Rotherham Clinical Commissioning Group in 2015 on the outcomes of the project considering future service development of the Community Continence Service.

The lead officers were contacted in November 2014 and again in June 2015 to discuss progress against each recommendation. The progress is outlined in the response table in Appendix 1. Progress has been slower than anticipated and this may need to be considered by the Committee. It is recognised that developments including the additional funding in to physical activity should result in more opportunities in the future.

The challenges of addressing urinary incontinence in isolation from wider health and wellbeing issues may have resulted in it not receiving the profile it needs to fully implement the recommendations formulated by the Review. There may also be a need to identify at risk groups for the physical activity recommendations e.g. mothers, older people, as it is recognised that their needs may be different. It may be advisable to review the recommendations and to consider the similar conditions/issues to help to raise the profile of the issue further.

8. Finance

The responses which require additional resources are either low or no cost. The integration of the recommendations into ongoing activities will ensure that financial commitments are minimal and activities are joined up to maximise impact.

9. Risks and uncertainties

There is currently uncertainty regarding the need for incontinence training within care homes and other community settings. This will need to be further explored before training is offered to reduce risk of wasted resources. It is expected that any changes to services should consider the needs of people with urinary incontinence.

10. Policy and Performance Agenda Implications

Health and Wellbeing

11. Background Papers and Consultation

Scrutiny review: Urinary Incontinence: Review of the Health Select Commission *May – July 2014*

SLT paper – 9.12.14

Cabinet paper – 14.1.15

12. Keywords: Urinary incontinence, healthy lifestyles, care homes

Officer: Rebecca Atchinson, Public Health Principal

<p>3. RMBC Sport and Leisure team should liaise with other sport and leisure activity providers to consider building more pelvic floor exercises into the Active Always programme and wider leisure classes</p>		<p>Response – Active Rotherham will include pelvic floor exercises into their existing “active always” provision. Public Health will also raise the importance of pelvic floor exercises at the next Rotherham Active Partnership meeting and long term conditions subgroup which covers most activity providers across the Borough. If there are any training requirements identified, these will be considered and delivered to the Rotherham Active Partnership members to ensure the exercises are embedded in all services.</p> <p><i>Recently Public Health has received £500K of funding from Sport England to develop a Long Term Condition physical activity programmes which will include pelvic floor exercises, where it is deemed appropriate.</i></p>	<p>Steve Hallsworth</p>	<p>January 2015</p>
<p>4. There should be greater publicity by partner agencies, coordinated through the Health and Wellbeing Board, to reduce stigma associated with incontinence and to raise public and provider awareness of:</p> <p>a) the importance of maintaining good bladder and bowel health and habits at all life stages (through media such as screens in leisure centres and GP surgeries, further website development, VAR ebulletin and a campaign during World Continence Week from 22-28 June 2015)</p>		<p>Responses –</p> <p>SYLTE offered the opportunity to use Rotherham Interchange to promote health issues in either road show or poster display format.</p> <p>Public Health offer the opportunity for key messages to be included on our Public Health TV screens as well as encouraging Pharmacies to consider prioritising incontinence as one of their Public Health Campaigns for 2015. Information will also be included on the Get Active Rotherham website to raise awareness and confidence of patients with urinary incontinence.</p> <p>It is recognised that the wide distribution of this review should also result in an increase in awareness of the needs of those experiencing urinary incontinence.</p> <p><i>Public health to contact incontinence service for a</i></p>		

<p>b) healthy lifestyle choices having a positive impact on general health but also helping to prevent incontinence, such as diet, fluid intake and being active</p> <p>c) the positive benefits of pelvic floor exercises as a preventive measure for urinary incontinence, including the use of phone apps for support</p> <p>d) the need to include the impact of incontinence due to medication, such as diuretics, within a patient's care</p>		<p><i>short strapline for PHTV. Physical activity website still under development.</i></p>		
<p>5. RMBC Neighbourhoods and Adult Services should work with care homes to encourage more staff to participate in the training offered by the Community Continence Service and to increase staff understanding of the impact of mobility, diet and fluid intake on continence</p>		<p>Response – NAS Neighbourhood and Adult services have previously offered incontinence training to care home staff but this was not taken up and as a consequence the training was cancelled. It is unclear if there was a need for training or if this is already being met by the Community Continence service support to Care Homes. Further information is being sought and NAS Learning and Development Team are happy to provide further training if necessary.</p> <p><i>2 short training sessions were delivered in March 2015 at Queens Care Centre Maltby to promote continence products by a representative of the LA's</i></p>		

		<p><i>current provider. This was widely advertised but only moderately attended. Care Homes however did request the need for repeated training but for this to be delivered on site with each provider.</i></p> <p><i>All requests were forwarded directly on to Stephen Skelton in the Continence Service to determine if the Service has the capacity to deliver on site.</i></p>		
<p>6. That the Health Select Commission receives a report from Rotherham Clinical Commissioning Group in 2015 on the outcomes of the project considering future service development of the Community Continence Service.</p>		<p>Response – The CCG have been forwarded the Health Select Commission report and will be invited directly to attend the Commission and report back their findings.</p> <p><i>The CCG from money released from the continence contract has funded two nurses (not full time posts) to undertake audit/research in the following areas</i></p> <ul style="list-style-type: none"> <i>o Catheter related infections</i> <i>o Referral pathways for continence issues</i> <i>o A/E attendances for continence issues</i> <p><i>This work is now complete and will be presented to the CCG shortly, the CCG will consider the outcomes and recommendations that arise from this work stream and this will inform future commissioning decisions/intentions.</i></p>		