

ROTHERHAM BOROUGH COUNCIL – REPORT TO MEMBERS

1. Meetings:	Health Select Commission
2. Dates:	12 June 2014
3. Title:	Scrutiny review: Urinary Incontinence
4. Directorate:	Resources All wards

5. Summary

The Health Select Commission has agreed to undertake a scrutiny review of urinary incontinence with a focus on preventive measures. This report sets the context and provides a brief introduction to local services.

6. Recommendations

Members are asked to:

- 6.1 Receive and comment on the report.**
- 6.2 Inform the Scrutiny team if they wish to be part of the review group.**
- 6.3 Forward any comments arising from the report to the review group for consideration and inclusion in the scope of the review.**

7. Proposals and details

7.1 Background

As part of its planned work programme Health Select Commission agreed to undertake a scrutiny review of urinary continence, focusing on preventive measures. All members of Health Select Commission are invited to express an interest in being part of the review group, to be chaired by Cllr Dalton.

7.2 Incidence of incontinence

An article in the Nursing Times last summer highlighted that around 14 million people in the UK have a bladder control problem. Causes of urinary incontinence can be physical, or result from an accident, injury or disability, but many forms of incontinence can be cured, improved or managed. Good continence care helps to reduce hospital and residential care home admissions and may reduce the need for continence products through interventions such as physiotherapy and medication.

The census in 2011 revealed that Rotherham's population is ageing faster than the national average with a 16% increase in the number of people aged over 65 (from 2001 – 2011). The Joint Strategic Needs Assessment (JSNA) shows that incontinence affects 19% of people over 65, rising to a third of those aged over 85 years. The number of older people (65+) is projected to rise by 7,500 (16%) between 2012 and 2021 and the number aged 85+ is projected to rise by 1,500 (27%) by 2021, suggesting a significant potential increase in future demand for services, although it is not an inevitable consequence of ageing.

Urinary incontinence affects about twice as many women as men and becomes more common with age. However, incontinence is not confined to older people, babies and very young children and at different times of their lives it can affect women and men of all ages and also older children and young people. Healthy lifestyle choices also have an impact as maintaining a healthy weight; reducing or stopping alcohol consumption; and keeping fit all reduce the chance of the condition developing. Pelvic floor muscle training and bladder training, so that people are able to wait longer between needing to urinate and passing urine, are effective means of treating urinary incontinence.

7.3 Impact of incontinence

Incontinence is likely to have significant health and emotional impacts and to affect people's ability to take part in paid employment, education or social and leisure activities, increasing social isolation, damaging self-esteem and self-confidence and reducing independence in many cases.

7.4 Community Continence Services

The award winning Continence Advisory Service provides clinical advice, support and treatment to people in Rotherham who experience problems with bladder and bowel dysfunction. The service is responsible for supplying disposable absorbent products

to eligible patients and prescribing all continence related equipment such as urinary catheters and drainage bags. Staff also provide advice regarding bladder problems or whether service users ought to have their product needs reviewed.

Rotherham transferred the prescribing of continence appliances from GPs to the Community Continence Service in 2009 and is the only CCG/PCT to demonstrate a decrease in continence expenditure over the last five years. In the period 2009-2013 continence prescribing costs in England increased by 21.56% whereas in Rotherham costs decreased by 8.99%. The CCG estimates that if NHS Rotherham's continence expenditure had increased in line with national cost growth trends, costs in 2012/13 would have been 30% higher, resulting in a potential saving of £239,591.

The cost efficiencies released resources to improve service provision through a service funded entirely through savings made from prescribing continence products.

As well as advice and product prescribing the service is also:

- preventing catheter related hospital admissions
- preventing patients from requiring long term catheterisation
- working with infection control to prevent catheter associated urinary tract infections

The continence service redesign project uncovered a number of patients whose mobility and independence had been compromised due to unsuitable equipment. The project enabled the CCG to meet this unmet need and improve patients' independence. Patient feedback on the Patient Opinion website is also very positive about the service and patient choice is probably greater as patients now have access to a wider range of products by utilising the knowledge base of the continence nurses.

7.5 Potential review scope

The positive work of the Community Continence Service has achieved significant cost savings through centralised product prescribing. Therefore the proposal is to carry out a focused spotlight review to examine current work and future plans to try and prevent or reduce urinary incontinence and to educate people that healthy lifestyles can also help to prevent incontinence. Raising levels of awareness with the public and more widely with health professionals and fitness providers will help with prevention and assessment, rather than management of incontinence.

Desired outcomes of the review would be:

- 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 details 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.

8. Finance

Any recommendations from the Select Commissions would require further exploration by the Strategic Leadership Team and partner agencies on the cost, risks and benefits of their implementation.

9. Risks and Uncertainties

It is important that people have access to health services and the right advice and information to help them maintain a good quality of life at all life stages. Incontinence can have a significant negative impact on a person's life and embarrassment and stigma about incontinence may deter more people from seeking professional help.

10. Policy and Performance Agenda Implications

Corporate Plan priority - Helping people from all communities to have opportunities to improve their health and wellbeing.

Health and Wellbeing Strategy

11. Background Papers and Consultation

Ensuring Effective Continence Care - October 2013 Health Scrutiny Panel, North Lincolnshire Council

Pharmaceutical and Medicines Waste - Report to Health Select Commission
13 March 2014

"Is policy translated into action?" National survey by RCN and Continence Foundation

Nursing Times 10.07.13 Discussion: Continence

12. Author

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Types and symptoms of urinary incontinence

There are several types of urinary incontinence and the symptoms vary, but the most common are stress incontinence and urge incontinence. These two types of urinary incontinence are thought to be responsible for over 9 out of 10 cases. It is also possible to have a mixture of both stress and urge urinary incontinence.

Stress incontinence

Stress incontinence – when the pelvic floor muscles are too weak to prevent urination, causing urine to leak when your bladder is under pressure, for example when you cough or laugh

Stress incontinence is usually the result of the weakening or damaging of the muscles that are used to prevent urination, such as the pelvic floor muscles and the urethral sphincter.

Urge incontinence

Urge incontinence – when urine leaks as you feel an intense urge to pass urine, or soon afterwards

Urge incontinence is usually the result of over activity of the detrusor muscles, which control the bladder.