Lessons Learned from IC3 Continence Care Collaborative

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IC3 Co-Leaders
What is IC3?

- The Improving Continence Care Collaborative (IC3) is:
  - A group of staff, managers and others from Ontario Long Term Care (LTC) homes
  - Who have a common goal of improving continence with LTC residents, thus improving the lives of those who live and work there
How to join IC3

- Interested Homes sign a one year commitment to join the IC3 collaborative, then start working to improve continence
- Sharing ideas that work is a large part of the work together
- Quarterly video- and monthly teleconference meetings help Homes to meet their aims and sub-aims
How do the IC3 teams work?

- Each IC3 Home sets up an Incontinence Team with about four members
  - a PSW
  - RN or RPN
  - DOC and
  - one other person—perhaps a dietician or another care staff

- Teams meet weekly at “corner-of-the-desk” or “huddles” in a informal setting in each home
IC 3 Phase III Project Overview

Action Periods

PRE-WORK → LS 1 → LS 2 → LS 3 → QUALITY CONGRESS

Supports

Coaches  Experts  Conference Calls  Visits  Meetings  Web  Documents

LS = Learning Session
How is Continence Improved?

- Each LTC Home sets an overall aim and sub-aims (objectives) to improve continence with specific residents.

- Aims that have been achieved:
  - Implementing individualized toileting and/or prompted voiding routines
  - Discontinuing barrier creams
  - Changing types/sizes of incontinent brief
Things Homes have accomplished

- Catheters: One Home – Mapleview Lodge has reduced all indwelling catheters to zero
- Another Home, the Perley Rideau Veteran’s Health Centre has worked with many of their male residents to implement a leg bag system that allows the gents to go out to functions and not be worried about their bladder function
Accomplishment
– Improving continence product usage

■ Rosebridge Manor first assessed their situation
Rosebridge totally revamped their product delivery system.

Another Home – Mapleview Lodge saved so much on improving continent product use that they were able to hire a PSW.
One RN commented,

- “When you are toileting someone, you are looking at their face, and you are talking to them. When you are cleaning them up, you are looking at their bum, and you are not talking to them. IC3 absolutely changed the quality of interactions between PSWs and residents.”

- She also said, “If you don’t give up, it will get done. And it is worth it.”
Implementing Prompted Voiding

- Prompted Voiding has been used by several LTC Homes to improve residents’ bladder and particularly residents’ bowel continence.
Continence Resources

- Sip N Go Hydration Protocol
- Catheter Care Protocols
- Educational tools - powerpoints, diagrams, self learning packages
- Resources developed by LTC Homes - newsletters
- Prompted Voiding Resources
  - Borun Medical School package
Learning Activity Demo

- “Have you considered” discussion of a sample continence problem
- Each person or site takes a turn adding their solution
- Avoid interrupting or commenting
- Can clarify question
Common Incontinence Problems

- Click to vote on problem you would like to discuss

- Example problems:
  1) Excoriated or reddened skin
  2) Leaking or Stress incontinence
  3) Resident/family desire to be continent
  4) Resident/family desire to remove catheter
  5) Other
Conclusion

- Improving continence in Ontario LTC homes has:
  - Improved resident outcomes
  - Improved work environment
  - Increased opportunity for positive interaction between caregiver and resident
  - Happier families
  - Last but not least $ savings
Questions/comments?

- We want to welcome members of the PSW CoP to become part of our CoP/Collaborative
- Feel free to contact us if you would like to attend one of our video or teleconference sessions

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For listening, sharing and caring about improving continence in residents in LTC