

Improving Continence Care in Older People

13th September 2019
the studio..., Glasgow

This event is intended for clinicians and healthcare professionals working with older people in acute and community settings. The day will include keynote presentations from experts in continence care, workshops and plenary sessions demonstrating best practice approaches available. We hope you will make contacts and start collaborations which will continue on from this meeting.

Meeting aims

- Further attendee's overall knowledge and understanding of current practice in continence healthcare of older people Hear the latest research presented by colleagues
- Improve attendee's skills in the treatment and healthcare of older people
- Inspire attendees to achieve personnel excellence in continence care of older people
- Take away new activities and ideas to progress their workplace's continence services

This meeting has been granted 6 credits CPD accreditation from the Royal College of Physicians (RCP).

CPD Code: 127415

The British Geriatrics Society acknowledges with grateful thanks, the support given through sponsorship from:



This meeting has been sponsored by these organisations who have paid exhibition stand fees. They have not been involved in, or influence over, the content of the rest of the meeting.

Trainee focused

The programme has been informed by feedback from registrar in geriatrics medicine and will cover core curriculum needs. Registrars are encouraged to attend.

PROGRAMME

09.00 **Registration**

09.55 **Chair's introduction**

Dr Vikky Morris, Consultant, Musgrove Park Hospital

Session 1 - Impact of ageing on bladder and bowel health

Chair: Dr Alasdair MacRae

10.00 Normal colonic processes, normal bowel ageing and age-related bowel disease

Mr Patrick Finn, Colorectal surgeon, Royal Alexandra Hospital

10.00

10.30 Normal bladder and urinary tract processes and the impact of ageing and age-related bladder diseases

11.30

Dr Karen Guerrero, Honorary clinical senior lecturer, Glasgow University

11.00 Neurological conditions and their impact on bladder and bowel function

Dr Ramesh Nekkare, Consultant neurologist, Queen Elizabeth University Hospital

11.30 **Refreshments and posters**

Session 2 - Platform presentations

Chair: Dr Vikky Morris

12.00 A behavioural intervention approach for women with urinary incontinence

Ms Rona Agnew, Nurse consultant

12.00

12.15 Using non-invasive electrical stimulation to treat incontinence in care homes: the ELECTRIC trial

Prof Joanne Booth, Professor of rehabilitation nursing, Glasgow Caledonian University

13.00

12.30 Functional results and satisfaction one year after a mid-urethral sling procedure in women aged 75-94 years - a Swedish national register study

Dr Julia Gyhagen, Department of Geriatrics, Dalen Hospital, Sweden

12.45 Interventions for incontinence with older people at home: a systematic review

Ms Jackie Buck, Faculty of Medicine and Health Sciences, University of East Anglia

13.00 **Lunch and posters**

Session 3 - Workshops

20 minutes interactive session - delegates will attend all workshops in rotation

Workshop 1

Devices common in continence

Facilitator: Dr Michael Horner

14.00

15.00

St Helens and Knowsley Teaching Hospitals NHS Trust adult continence promotion team

Workshop 2

PV exam for the non-gynaecologist

Facilitator: Dr Vikki Morris

Dr Karen Guerrero, Honorary clinical senior lecturer, Glasgow University, and Dalia Saidan, Urogynaecology subspecialty registrar, NHS Greater Glasgow and Clyde

Workshop 3

Proper use of pads

Facilitator: Dr Aine McGovern

Jo Miller, Nurse advisor, Ontex Global

15.00 **Refreshments and posters**

Session 4 - Specific conditions

Chair: Dr Vikky Morris

15.30 Prostate problems in older men and OAB

Dr Mark Speakman, Consultant urological surgeon, Musgrove Park Hospital

15.30

17.00

16.00 Recurrent cystitis and treatment options

Mr Steve Foley, Consultant urologist, Royal Berkshire NHS Foundation Trust

16.30 Medicines and the brain- anticholinergics latest thinking

Prof Chris Fox, Professor of clinical psychiatry, Norwich Medical School

17.00 **End of conference**

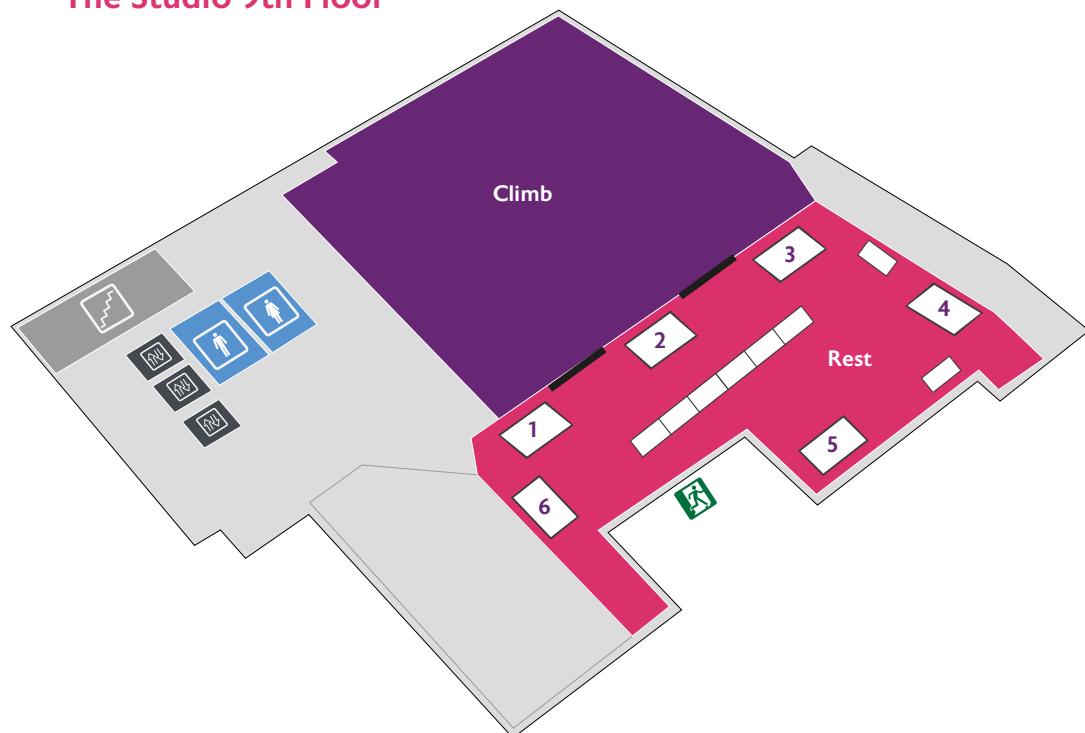
The Studio 8th Floor



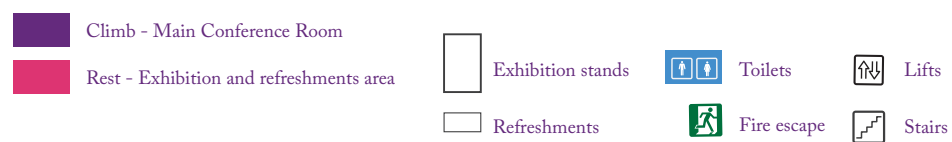
Floorplan Key



The Studio 9th Floor



Floorplan Key



Ms Rona Agnew

Rona qualified as a Registered General Nurse in Glasgow in the early 1980s. Since then she has had a variety of nursing roles including District Nursing, Co-ordinator for Older People Services and Primary Care Adviser for the Royal College of Nursing (Scotland). Rona has a BSc in Health studies, MSc in Gerontology and completed her PhD in 2012 where her thesis won the Royal College of Nursing Research Society Akinsanya award in 2013. As part of a post doctorate studies Rona carried out a randomised controlled trial exploring delivery of behavioural intervention and self-management workshops to women who are 60 years or older which achieved the presidential award for the 'Best Clinical Trial' at the American Geriatric Society meeting in Seattle May 2012. This work has been published in 2013 (BMJ open access). Rona has since redesigned continence service in NHSGGC using the findings from the research where she worked as a Service Manager and clinical research fellow for the SPHERE Bladder and Bowel service up until recently when she retired. This research into practice innovation won the Dorothy Mandelsham award in 2014 along with several Best practice awards within NHSGGC. In her personal time, Rona is a keen curler in the winter and currently the vice president of the RCCC in Glasgow. Her real passion however is golf which she plays frequently during the summer.

Prof Joanne Booth

Jo's research and practice are focused on understanding and improving bladder health in older adults and following stroke. In addition to raising the profile of these poorly recognised but often life-changing conditions, she specialises in developing and testing non-pharmacological interventions to support older adults to self-manage their bladder condition.

Mr Patrick Finn

General Surgeon with Colorectal subspeciality interest, working at the Royal Alexandra Hospital, a busy district general hospital in the West of Scotland.

Mr Steve Foley

Mr Steve Foley is a Consultant Urologist at the Royal Berkshire Hospital NHS Foundation Trust and Berkshire Independent Hospital in Reading Urology. Steve Foley's special interests include female urology, bladder dysfunction and spinal cord injury and paediatric urology. Over the past decade Steve Foley has developed an extensive experience in all aspects of female urology especially incontinence, and has built up a wide range of surgical and non-surgical options to manage these sometimes very difficult problems. This is also the case with interstitial cystitis and urinary tract infections. Steve is currently leading the UK trials on UTI vaccine treatments. In the past 5 years Steve Foley has been one of the pioneers of the surgical management of male incontinence (particularly the 'Male Sling' - following prostate cancer surgery). This is proving to be highly effective in selected men. He is now one of the most experienced Surgeons in the UK with this type of operation, and regularly trains other UK Surgeons how to perform it. He works closely with the Physiotherapy Department at The Berkshire Independent Hospital and the Berkshire Continence

Service. After general surgical training in the Royal Air Force, Steve Foley joined the Institute of Urology, London, to research and specialise in female urology, bladder dysfunction and spinal cord injury. In January 2001 Steve Foley was appointed to the Royal Berkshire Hospital NHS Foundation Trust as the lead specialist in female urology.

Prof Chris Fox

Professor of Clinical Psychiatry University of East Anglia
Head of undergraduate Psychiatry University of East Anglia
Theme lead for Life long and ageing UEA. Honorary Consultant Psychiatrist Norfolk and Suffolk NHS Foundation Trust. CLAHRC Dementia Lead UEA and board member CLAHRC dementia and end of life group East of England. INTERDEM Prevention of dementia intervention task force board member. Chair NIHR Dementia Research Portfolio Development Group. Board member of ARUK Policy group

Dr Karen Guerrero

Consultant Sub-specialist in Urogynaecology. Field of practice is Pelvic Floor Dysfunction: Incontinence, Prolapse, Voiding / Bowel Dysfunction, Recurrent UTT's, Mesh Complications & Pelvic Pain

Ms Jo Miller

Registered nurse for 25 years. Worked for Ontex Healthcare as senior nurse advisor for 7. Passionate about bladder & bowel health with a special interest in continence promotion

Dr Ramesh Nekkare

Dr Ramesh Nekkare is consultant neurologist in QFUEH, Glasgow since 2013.

Mrs Julie McCale

Continence Nurse working in the community covering home visits, nursing and residential homes and clinic within the St Helens area.

Mrs Dalia Salidan

I am a Subspecialty registrar in Urogynaecology, specialising in complex female continence and pelvic floor issues. I have an interest in Global Health. My research includes obstetric fistula prevention in the Global Health setting, and management of vaginal mesh complications.

Dr Mark Speakman

Mark Speakman is a Consultant Urological Surgeon in Taunton and past President of British Association of Urological Surgeons. He is interested in bladder physiology, benign and malignant prostate disease, erectile dysfunction and urinary incontinence. He has undertaken research and published over 140 research papers and 8 book chapters in his area of expertise and supervised post-graduate students through MD, MS and PhD degrees. He has been Surgical Clinical Director, Director of Research & Development and Associate Medical Director within the Trust.