
CU2638 Support Individuals to Manage Continence

Aims

This unit is aimed at those who work in a wide range of settings.

The unit provides the learner with the knowledge and skills needed to support individuals to manage continence.

It covers the factors affecting continence, the management of continence and the use of continence equipment.

Credit 3

Level 2

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand factors that affect the management of continence	<ul style="list-style-type: none">1.1 Explain how difficulties with continence can affect an individual's self esteem, health and their day to day activities1.2 List common causes of difficulties with continence1.3 Explain how an individual's personal beliefs and values may affect the management of continence1.4 Describe ways to protect an individual's privacy whilst managing continence
2. Be able to support individuals to manage their own continence	<ul style="list-style-type: none">2.1 Encourage an individual to express preferences and concerns about continence needs2.2 Support the individual to understand the effects of lifestyle on continence2.3 Explain how and when to access additional guidance about support for continence

<p>3. Be able to support the use of equipment to manage continence</p>	<p>3.1 Access information about continence equipment recommended for the individual</p> <p>3.2 Agree with the individual their preferred times and places for using continence equipment</p> <p>3.3 Agree the level and type of support required for use of equipment</p> <p>3.4 Support the individual to use continence equipment in ways that respect dignity and privacy and promote active participation</p>
<p>4. Be able to support continence safely</p>	<p>4.1 Identify risks that may arise while supporting continence</p> <p>4.2 Encourage the individual to maintain personal hygiene whilst managing continence</p> <p>4.3 Dispose of used equipment and soiled materials safely</p> <p>4.4 Ensure the environment is clean, tidy and accessible before and after use</p> <p>4.5 Use protective equipment, protective clothing and hygiene techniques to minimise risks</p>
<p>5. Be able to monitor and report on support for managing continence</p>	<p>5.1 Use agreed processes to monitor continence and support for managing continence</p> <p>5.2 Record and report on support for managing continence in agreed ways</p>

Assessment Requirements

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3, 4 and 5 must be assessed in a real work environment.

Additional Information

An **individual** is someone requiring care or support

Lifestyle factors affecting continence may include:

- Diet
- Patterns of eating and drinking
- Exercise and mobility
- Use of medication
- Daily routines

Equipment may include:

- Pads
- Commode
- Bedpan
- Urinal

Active participation is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient

Risks may include risks to:

- The individual
- The learner
- Others

