

10 Continent Product Tips—or “Keeping the briefs in order!”

- IC3 IMPROVING CONTINENCE CARE
- PHASE 5 LEARNING SESSION 3
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Objectives

- To review strategies of sizing and distribution for improving continence product usage.

Sizing of Briefs

- Develop a continence team within the LTC Home. Ask for a volunteer who is interested in improving continence to be a “Champion” one per unit is essential
- Once your “Champions” are on board, hold weekly meetings for the first month to do brief fitting and determine appropriate size and type of brief

What type of brief is best?

- There are many different types of briefs on the market today to provide comfort and support for our residents.
- Both personal preference, history and contracts dictate which briefs our Homes are using.
- Questions to Ask
 - Are these briefs the best choice for our population?
 - Are there better choices for our residents?
 - Are there more cost effective choices to improve both compliance of use and better fit, comfort and absorbency?

Best fit—Best function

- Some continent product **myths**—
- 1) BIGGER is better
- 2) Changing the size at night effects more absorbency
- 3) Placing a liner inside a brief allows the resident to be dryer longer
- 4) All elderly people are eventually incontinent

Dispelling the myths

- When a brief is the best fit for a resident—the brief can function for three incontinent episodes of urine
 - If you put a larger size brief on a resident at night—the brief will not function well b/c there may be leakage or shifting of the brief to cause the resident to have a wet bed or soiled sleepwear
- Residents who use a liner during the day are the only ones who should have their brief size changed for night time in order to accommodate 8 hours of possible wetting

Dispelling the myths continued

- Briefs at night time for those residents who wear a liner during the day can handle the wettings that occur at night and can offer the security of not having a wet bed

- Therefore the resident sleeps more soundly and more securely and has less skin issues and nursing staff are able to check and turn the residents who may need help but not necessarily have to change their briefs on night rounds

Sizing tips

- New sizing enables the nursing staff to measure accurately in two ways:
 - 1) waist size
 - 2) weight
- Trouble shooting with sizing:
 - 1) weight can be inaccurate especially if a resident is short and stocky
 - Using both sizing methods eliminates error in getting the “right product for the right resident!”

Cost effective measures

- When a brief is sized effectively—both residents and staff have the best opportunity to have a happy, comfortable resident who does not have further skin issues or feelings of insecurity or uncomfortableness
- Proper-fitting briefs are cost effective b/c the resident uses fewer briefs in a 24-hour period, requires less changes, has no soiled clothing or bedding and staff are able to assist other residents b/c they are not cleaning up extra messes d/t poor-fitting briefs

Cost effective measures continued

- Choosing the “right brief for the right resident” begins with your continent product representative. Have your sales rep work for you to ensure that your Home has enough choices of briefs (but not too many to keep track of) and that the choices are cost effective, absorbent and provide the opportunity for both residents and their loved ones to feel they have a sense of dignity, comfort and respect

Storing Your Briefs

- Determine the Home rules for storage and dispensing of briefs—are there locked cupboards, carts, keys, sign-outs sheets—what are the rules?
- Once the rules are clarified—engage your new “Champions” to spread the word and transfer the info to their peers—it is important that all players know the rules and operate the continence program the same throughout the Home—this is cost effective

Ways of Storing the Briefs

- Where do you store your briefs in the Home? Is one person responsible for all brief disbursement—is there one person for unit? Let's talk about what works in other Homes
- Option No. 1— Central Supply— either in the basement of the Home or in another area large enough to handle carts for both delivery and dispensing

Storing Continued

- The central supply method works well on a weekly basis—where one individual is paid either 4 hours or 8 hours to dispense all nursing supplies including briefs and these are distributed to all units once per week.
- This system is used by an IC3 Home in Ottawa and they have reduced their continence budget in ½ a year by \$5000.00.
- Only the nursing Management and Director of Environmental Services have a key to the storage room to prevent “middle of the night helping hands!”

Option No. 2 – Night Time Distribution to Units

- Many Homes have used this method successfully where a team of individuals distribute briefs to each unit on the night shift
- Although this method does have it's positive solutions—often times the briefs distributed on nights may not meet the daytime requirements if continence lists are not kept accurate for sizing and type of brief
- Day/evening staff need to be meticulous record-keepers for this method to be a positive opportunity

Option No. 3 – Night Time Distribution to Nursing Stations

- This approach comes from a Home in Cornwall Ontario. This is a variation of No. 2 where part of the disbursement is done on the Night Shift
- In this method—all briefs are set out at each nursing station by 0700 and at the end of the shift report each staff member takes the appropriate number of briefs for the day for their respective residents

Option No. 4 – Night Time Distribution to Resident Rooms

- This a system which works well at one of the largest Ontario LTC Homes. This opportunity is IN-ROOM distribution—and works well because of a small section in each room which can handle storing the briefs for one whole day
- In this method the briefs are once again put in each of the resident's rooms who wear briefs by the night team and used throughout the balance of the day from the resident's own supply in their room

Conclusion

In conclusion, there are numerous ways to both distribute and be cost-effective in supplying continence products in LTC Homes.

At this time, let's discuss some solutions that have worked in your LTC Home that have not been discussed in this presentation.

Thank-you

- Thanks for your attention
- References—1) Lynn Duschene, Compliance Advisor, MOHLTC 2) MOHLTC Standards 3) Long-Term Care Homes Act, July 2010
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