

SUPPORTING PEOPLE WITH INCONTINENCE AFTER STROKE TO LIVE a GOOD LIFE

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RTRU

Rehabilitation Teaching & Research Unit

Overview of session

Role play

Facilitated discussion: What is going on here?

Group task: stopping, starting & doing more of.....

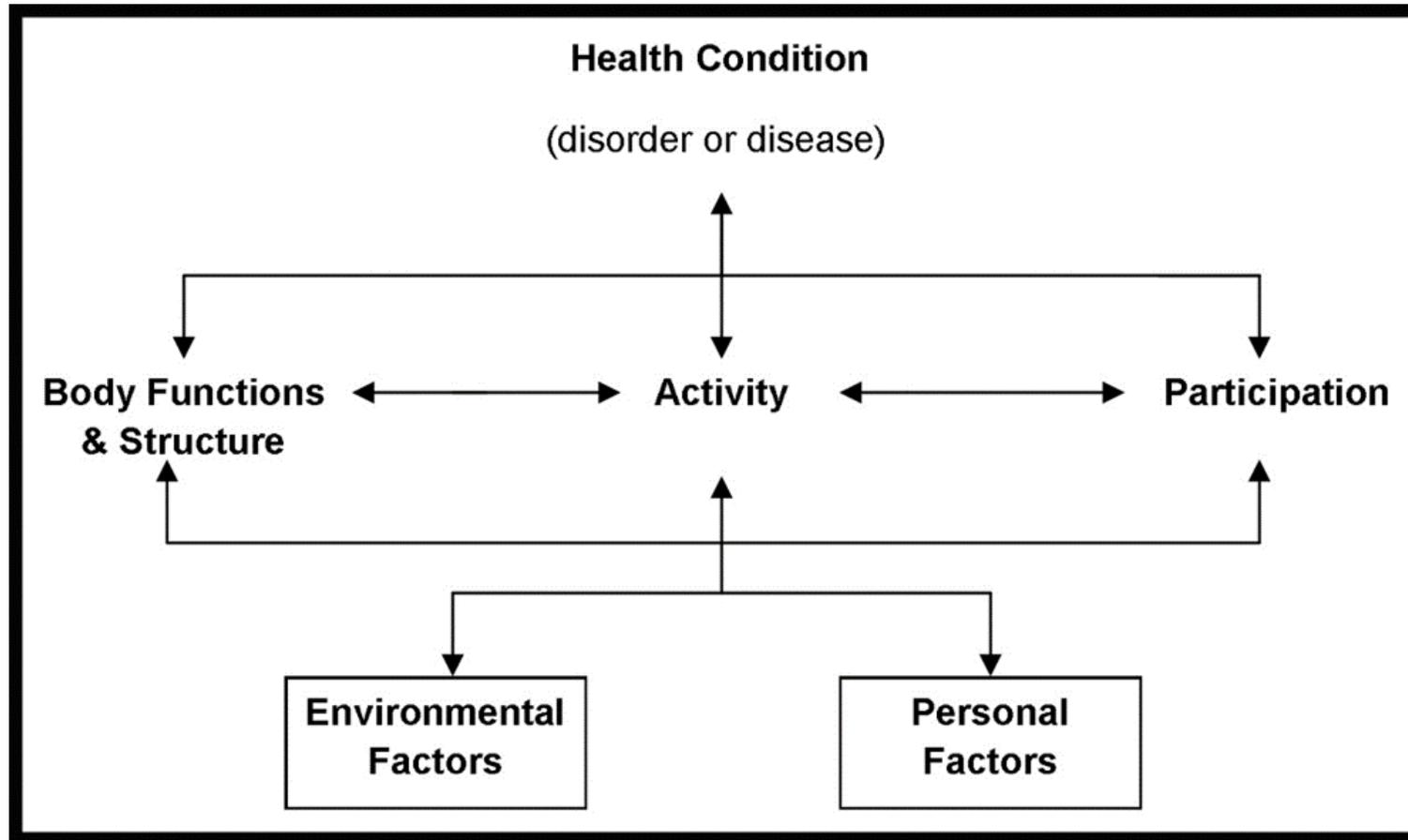
Overview of the research

Questions & comments

ROLEPLAY



The International Classification of Functioning, Disability & Health (ICF)



WHAT DOES THIS COUPLE HOPE FOR?



DISCUSSION INSTRUCTIONS

'Put on the hat' of these various people/roles ... what would you stop, start, or do more of?

15 mins

PLEx

Inpatient nurse

Inpatient physiotherapist

Community occupational therapist

Community continence nurse specialist

Service planner

'Put on the hat' of these various people/roles ... what would you stop, start or do more of?

PLEx	Inpatient nurse	Continence nurse
Inpatient physio	Community OT	Service planner

Project aim

This study aimed to develop explanatory theory regarding how people following stroke could best be supported to manage their incontinence so they can return to participating in personally meaningful activities and life roles.

What have we done?

Realist research framework > two theoretical development strategies

1. Rapid review of existing published and grey literature, in consultation with continence-expert stakeholder group, via iterative cycles of literature searching and data synthesis.
2. Explored the perspectives of people who have had a stroke gathered through qualitative interviews

What have we done?

Aim to develop explanatory theory providing a deeper understanding of relationships between:

- the context in which incontinence management support is delivered,
- how these strategies or programs are intended to work (i.e., the mechanisms of effect)
- participation-related outcomes that have occurred in response to receiving support to manage incontinence

Where are we up to?

Review of white literature

- 777 records identified
- 600 abstracts reviewed (*most exclusions not incontinence after stroke*)
- 20 full texts reviewed

Review of grey literature

- Google search NZ, Aus, UK, US, Canada

Interviews

- 7 participants (including 5 unpaid carers)

What have we found?

Within a **dynamic context** related to:

- a changed and changing body
- the fluid nature of bladder and bowel functioning (i.e., day-to-day variation, unexpectedness, and difficulties with control)
- relational needs within the caring dyad
- different participation expectations

... people following stroke:

- need **caring conversations** in which they are given a range of options
- require **opportunities to reflect** on their **trial and error learning** attempts over time

Such supports will contribute to people following stroke learning to **utilise resources flexibly** and **develop confidence** using a range of strategies in different participation settings.

