

Bladder and Bowel Service

The bladder and bowel service provides support for patients with bladder or bowel conditions. We assess patients with bladder or bowel concerns, referred by themselves, a family member, carer or medical professional. The service provides clinical support for patients such as medical management of bladder or bowel conditions providing guidance with medications which may help to reduce symptoms, advice on catheters both indwelling and intermittent catheters, and bowel irrigation.

We help to educate patients and carers on lifestyle changes to help improve bladder and bowel conditions. This can be through dietary changes for example reviewing fluid intake and types of fluids drunk, to nutritional guidance. We help to support with advice on pelvic floor exercises giving detailed information on the importance of pelvic floor exercises and how to complete them effectively, tailored to each individual patient.

Care is provided through face to face clinic appointments which are held three times per week at Beechwood community health centre, telephone reviews and home visits.

We provide support for both children from the age of five and adults at all ages and stages in life. Care is provided by nursing staff and health care support staff with administration support staff.

What we do?

The service supports patients in the area with a variety of bladder and bowel conditions such as reoccurring urine infections three or more urine infections in six months or cystitis symptoms regularly.

Complex catheter issues, advice and guidance for patients who have both indwelling (catheter that stays in all of the time) and intermittent catheters which are used at regular intervals to empty the bladder.

Bladder retraining providing guidance on how to reduce bladder frequency for patients whose bladder empties at frequent intervals.

Pelvic floor muscle training for both male and female patients to help reduce both bladder and bowel incontinence and help for patients who suffer from prolapses.

Chronic constipation advice and support for patients who have a long term problem with constipation.

Chronic diarrhoea helping to reduce the frequency through lifestyle and medication.

Bowel management care for patients who may need bowel irrigation.

Enuresis (bedwetting) in both adults and children.

ISC- intermittent self-catheterisation, teaching patients how to use intermittent catheters with an individualised plan on frequency of use and ongoing support to establish a routine.

The service operates an answer phone system, if you have a question or require support our contact number is **01422 252086**. One of the team will contact you back as soon as possible. We are not an emergency service though and if you feel you have a medical emergency you should contact your GP, A&E or the district nursing team if you are under the care of this service.

When we call you our phone number may appear as an unknown number, if we don't get a response we will send a text message or leave a voice mail advising you we have contacted you.

Referrals

We work closely with members of the MDT (the multi-disciplinary team), to help improve your condition we may need to refer you to other specialities. The team meet regularly to discuss patients who need further help and support, if this is appropriate for you we will discuss the referral with you before and you will be updated on the result of the meeting. The multi-disciplinary team includes different specialities such as Women's health physio team, urology/gynaecology team, urology team, GP's, home care staff. Where appropriate we may need to refer you to these team(s) to provide further care and support. This will be as part of a discussion into your care and at your review appointment. We will always ask for consent for referrals before we send them.

What happens at the appointment?

The appointment will begin with a discussion of your current symptoms and any past treatments that you may have tried, covering medical history and current lifestyle. Initial appointments are sometimes completed on the phone if this is appropriate for the patient.

The nurse may offer you a variety of tests to help with diagnosis. These include a bladder scan which helps to look at the volume of urine in the bladder both pre and post void. Some patients are offered an internal examination of their vagina and rectum this can help in diagnosing pelvic floor dysfunction and/or prolapses. These are all optional and you do not have to agree to have these tests done, this will not impact on any treatment offered. The nurse will go through in detail what each examination and/or test involves and the reasons why they feel this may be beneficial for diagnosis. A chaperone will be offered at the time of the appointment.

Urine test can be completed to help if we suspect a urine infection is present though we will contact your GP to support with a prescription where appropriate and support this with a urine sample sent to your GP to complete analysis.

We also discuss and advise on incontinence aids these include incontinence pads, rectal plugs, vaginal inserts and washable underwear dependant on the patients clinical need.

Treatment options will be discussed with you and follow up appointments will be arranged. You will be reviewed at regular intervals which will be discussed at your appointment, this is dependent on treatment is tailored to each patient.

The service does have an answer phone that you can access if you feel you need to speak to a member of the team before your next scheduled appointment.

We can also offer support for patients who need a translator and for those who have hearing difficulties, please let us know at the time of the booking.

Service hours are Monday to Friday 8am - 4pm (except bank holidays).

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Bladder & Bladder Service
Beechwood Community Health Centre
60B Keighley Road
Halifax HX2 8AL

Telephone: 01422 252086

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"