



Continence Care newsletter

For healthcare professionals

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care



HELPING PATIENTS IDENTIFY 'SAFE ZONES'

An important part of getting patients to adhere to intermittent self-catheterisation (ISC) is to help them to see how it can fit into their daily routine. It's all about guiding their transition from the secure environment in the clinic to the outside world where things are less structured or 'safe'.

Into the safe zone

Many patients worry about the transition from hospital to home. One way to address this concern is to help the patient establish 'safe zones'¹. Whether inside or outside the home, a safe zone is a place that is:

- CLEAN** Patients need to know where to find, or how to create, a clean environment for catheterisation
- PRIVATE** Patients need privacy when catheterising. This helps them to maintain dignity and sense of control
- ACCESSIBLE** Patients need to have a space that is within reach when they have to catheterise. It must also meet their need for transfer and posture

If the patient is concerned about finding the right place to perform ISC when away from home, helping the patient use GPS or phone applications to locate public and disabled toilets can give peace of mind and a greater sense of control. For example, Coloplast has developed a mobile phone app called WheelMate™ that helps patients find disabled public toilets as well as parking spaces.

¹ Coloplast_Market_Study_ReD Associates Study_2007_Data-on-file (VV-0206734)

DID YOU KNOW....

Performing ISC away from home is a challenge, and...

3 out of 10 ISC users have different ISC routines outside of their home

Of these, **3** out of 10 state toilets outside their home are built in such a way that it makes following their normal ISC routines difficult

2 out of 10 state they lack the space necessary to complete their ISC routine²

¹ Coloplast_Market_Study_IC Research_2015_Data-on-file (VV-0206732)