

**CHSSN**  
**Community Health Education Program (CHEP)**

**Impact Report – *What to do when your plumbing malfunctions: kidneys & bladder***  
**February 10, 2009**

***The exercises to build the pelvic muscles. Everything can be controlled, you don't have to live with anything. Exercise can really help! Limit your consumption of tea and coffee. --Participants, What to do when your plumbing malfunctions: kidneys & bladder videoconferencing session***

On Tuesday, February 10, 2009, two host communities—MCDC and Neighbours Association, joined by CASA and Townshippers' Association—participated via videoconferencing to “ask an expert” on their chosen topic of kidneys and bladder. Thanks to the outstanding promotion of the Community Coordinators, and the practical and clear presentation by Myra Siminovitch, Physiotherapist, 37 participants increase their understanding of bladder control and incontinence as it impacts on physical and social quality of life.

The presentation was a follow-up session from the earlier videoconferencing session *Prostate Cancer 101*. It explored the myths versus facts of kidney and bladder control, including bladder dysfunction and incontinence, moving on to how the different pelvic muscles work, regaining control and the role of physiotherapy. Practical tips about treatment, exercises and products, were also outlined.

**Immediate Results:**

- 37 people gained new knowledge about kidneys and bladder.
- Four communities with 4 sites throughout the province attended with 37 participants asking questions and receiving expert answers.

**Outcomes:**

- 100% return on evaluations.
- The session DVD is now available for communities' use in their follow-up activities (churches, curling clubs, service clubs, seniors' groups and seniors' residences).

**Participating Communities' Comments and Evaluation:**

- 4 Sites: CASA had 6 participants, MCDC had 11 participants, Neighbours had 9 participants, and Townshippers' Association had 9 participants.
- The age range of participants was 31 to 88 years.
- Participants' evaluations overwhelmingly reveal that the presentation was extremely helpful, interesting, and met their expectations.
- Host community MCDC plans to make the DVD available for use with seniors community groups.