



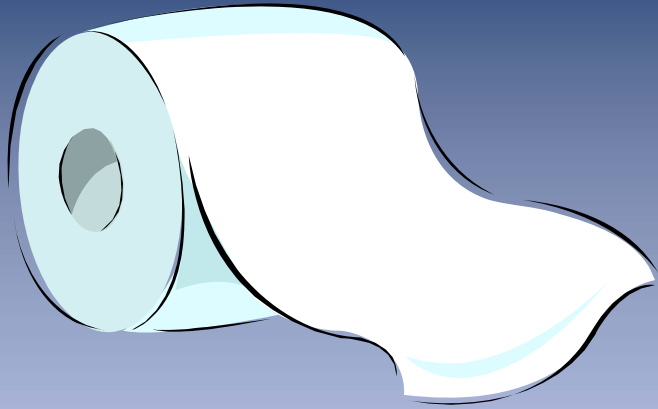
Caregivers: Caring For A Loved One With Incontinence/Constipation.



Objectives

- Review the topics of constipation and incontinence.
- Describe the most common problems associated with constipation and incontinence.
- Explore ways you can help your loved one live with constipation and/or incontinence at home.
- Identify resources available for caregivers of people with constipation and/or incontinence.





CONSTIPATION





CON-STEE-PAY-SHIN

A change in bowel habits with either hard stools, less frequent bowel movements or difficulty passing stools.





HOW EMBARRASSING...

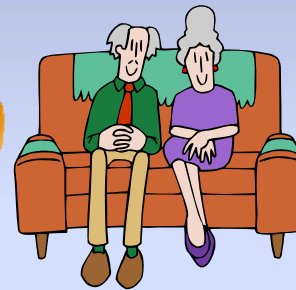
If constipation bothers your loved one...remind them of this...it is one of the most common health complaints in North America. They are not alone!

Almost everybody experiences constipation at some time in their life.

What Causes Constipation?

There are 3 major categories of things that can cause constipation:

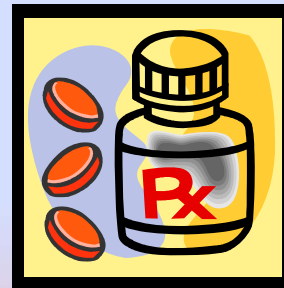
1)DIET/LIFESTYLE



2)DISEASE



3)MEDICATIONS



Diet & Lifestyle

A major cause of constipation is poor diet and lack of exercise! These causes of constipation can be prevented!

All forms of movement will help your loved one have less constipation

Walking, stretching, doing yoga or any other type of physical activity each day helps the bowels to work properly and regularly.





Diet & Lifestyle

Eating a well balanced, **fiber-filled** diet works wonders for the digestive system!

Drinking lots of **liquids** (especially water) can also make a big difference in your loved one's constipation.



Diet & Lifestyle

Here are tips on good eating to prevent constipation

FIBER is found in many foods. It helps soften stool, making it easier to pass.

WHAT FOODS CONTAIN A LOT OF FIBER?

- Prunes
- Peas
- Legumes (Beans, lentils)
- Nuts (almonds, peanuts)
- Many fruits and vegetables
- Bran
- Certain cereals



Diet & Lifestyle

HOW MUCH FIBER DOES MY LOVED ONE NEED?



25 grams/day for women



30 grams/day for men

Read the food label to find out how much fiber your food contains.

Nutrition Facts		
Serving Size: About (20g)		
Servings Per Container: 16		
	Amount Per Serving	% Daily Value*
Total Calories	60	
Calories From Fat	15	
Total Fat	2 g	3%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrates	15 g	5%
Dietary Fiber	4 g	17%
Sugars	4 g	
Sugar Alcohols (Polyols)	3 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		2%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Wheat flour, unsweetened chocolate, erythritol, inulin, oat flour, cocoa powder, evaporated cane juice, whey protein concentrate, corn starch (low glycemic), natural flavors, salt, baking soda, wheat gluten, guar gum



Diet & Lifestyle

WHY WATER?



When there is not enough liquids in your loved one's diet, stools can become hard and difficult to pass.

Drinking water everyday can help soften stools, making them easier to pass.

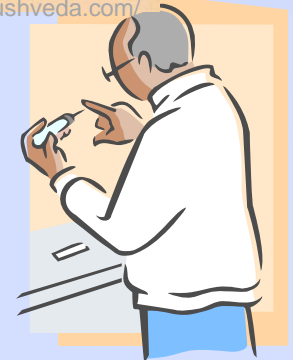
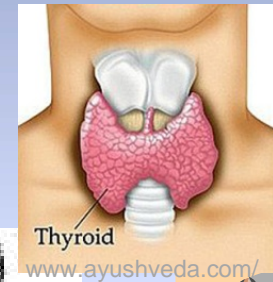


Diseases

Many diseases and conditions can cause constipation. Here are some examples:

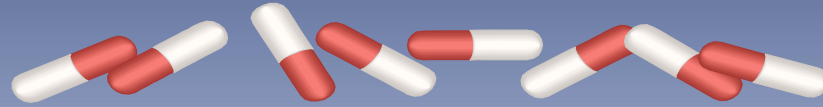


- Diabetes
- Multiple Sclerosis
- Spinal cord injury
- Parkinson Disease
- Irritable bowel Syndrome
- Hypothyroidism
- And more...



If your loved one has one of these conditions, have them evaluated by their doctor to see if their constipation could be related.

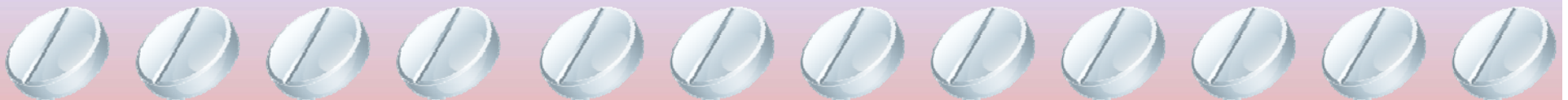
Medications



Many different medications can cause constipation as a side effect!

Speak to your loved one's doctor and review their medication list. Sometimes medications are being taken that are no longer needed.

Always weigh the pros and cons to taking a medication with a health care professional.



Medications

If the constipation is severe and the medication is not absolutely necessary, you and the doctor can discuss stopping it, lowering the dose or replacing the medication with another one with less side effects.



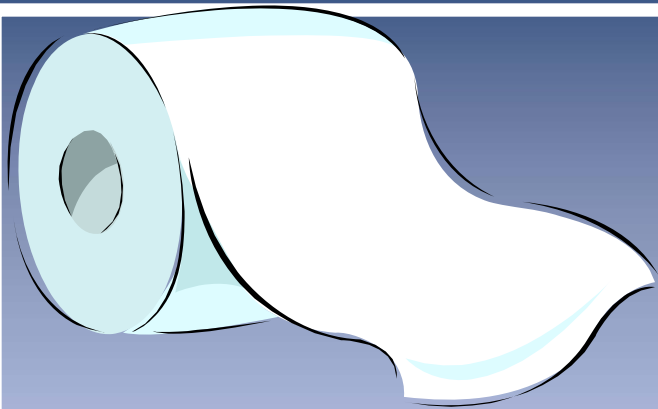
Sometimes, the medication causing the constipation is very important for your loved one's health...so it can't be changed. The doctor can suggest other things that could help like diet changes or new medications for constipation.



DID YOU KNOW???

Chronic (long-term) use of laxatives could be the cause of your loved one's constipation.



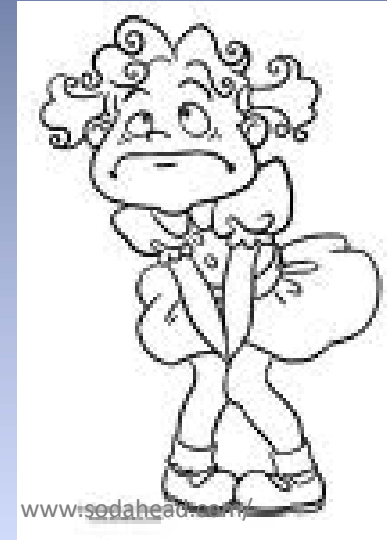


**MORE TIPS ON
PREVENTING
CONSTIPATION**

Don't ignore the urge!

Ignoring the urge to have a bowel movement can worsen constipation. Encourage your loved one to go regularly.

If they can not express the urge, set up a routine.

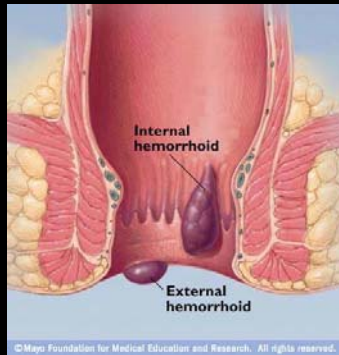


For example, have them sit on the toilet after each meal and before going to bed. This helps the body get into a routine.



Complications of Constipation

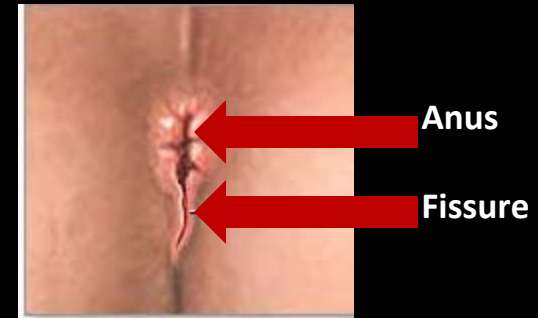
Hemorrhoids



- A hemorrhoid is another way of saying enlarged vein in the anal or rectal area.
- It can cause bleeding and pain.
- Check toilet paper and stool for blood. Also, the hemorrhoid itself can sometimes be seen.

Picture: www.bleedinghemorrhoids.org

Fissures

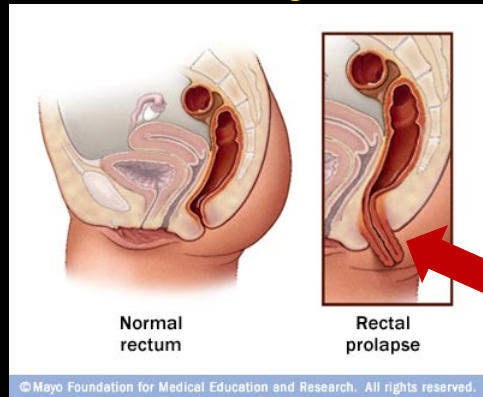


- A fissure is another word for tear. The tear is in the skin around the anus.
- It can cause bleeding and pain.
- Check toilet paper and stool for blood.

Picture: www.cnsccr.com

Complications of Constipation

Prolapse



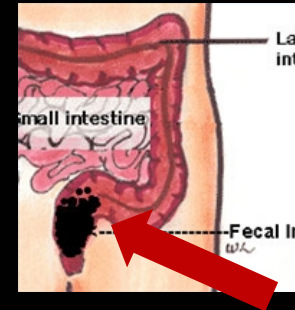
A prolapse is another way of saying “out of place”.

A rectal prolapse is when the rectum slides outside of the body instead of staying inside.

It can cause bleeding and discomfort.

Image: www.mavoclinic.com

Impaction



An impaction is another way of saying “blockage”.

If a person is very constipated for a long amount of time, stool can become very hard and stay stuck in the intestines.

It can cause abdominal pain, bleeding, and even diarrhea/watery stools.

Image: healthguide.howstuffworks.com

When to ask for help?



If you ever notice **blood** in the toilet water, on the toilet paper or in your loved one's stools, consult a health care professional right away.

If your loved one has **abdominal or rectal pain**, consult a health care professional.

If your loved one has **diarrhea or stools that are thin like a pencil**, consult a health care professional.





When to ask for help?

If your loved one has **bad cramps** and is **UNABLE** to pass gas or stool, contact a healthcare professional right away.

If your loved one **loses weight unexpectedly**, contact a health care professional.

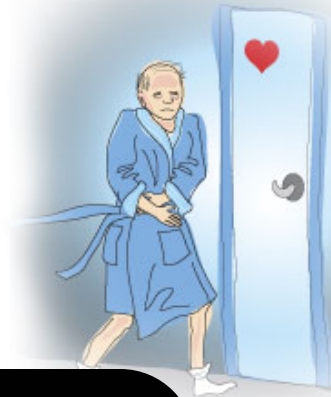


Also, if you notice any of the mentioned **complications**, make sure you consult a health care professional.

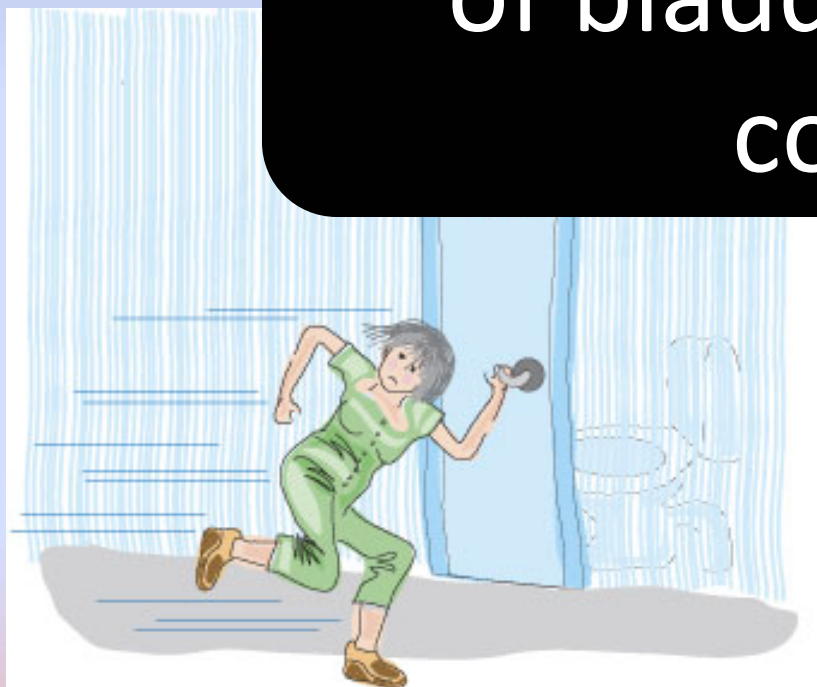
Incontinence



Incontinence means a loss of bladder or bowel control.



www.abena.com

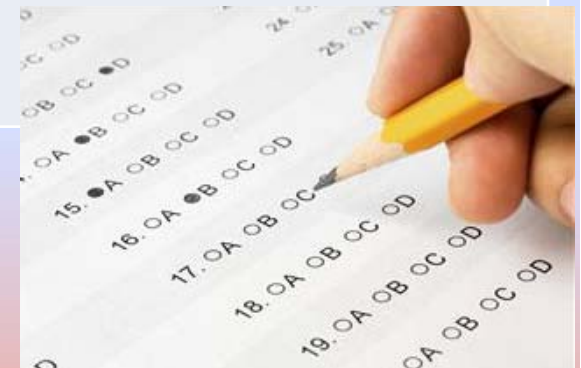


http://westcarehealthsupplies.com/uploads/westcare/dame_lob.jpg

Before learning more about incontinence...try this survey to see what you know.

Incontinence only affects old people.	True <input type="radio"/>	False <input type="radio"/>
If they tried harder, my loved one could control their incontinence.	True <input type="radio"/>	False <input type="radio"/>
Being the caregiver to someone incontinent means always staying home.	True <input type="radio"/>	False <input type="radio"/>
Being the caregiver to someone incontinent means getting used to bad odors.	True <input type="radio"/>	False <input type="radio"/>

Note: some questions taken from www.tena.ca



The answer to
ALL questions is:



FALSE

Incontinence only affects old people.



False! Incontinence can happen to people of all ages. It is a very common problem!



If they tried harder, my loved one could control their incontinence.



False! Nobody wants to be incontinent on purpose. Many factors can lead to incontinence. That's why it is so important not to blame the person or make them feel guilty or embarrassed. It could happen to all of us!



Being the caregiver to someone incontinent means getting used to bad odors.

False! Many products exist for incontinence. These products are made specifically to fight odors and keep your loved one fresh so they can lead a normal life as much as possible.

Being the caregiver to someone incontinent means always staying home.

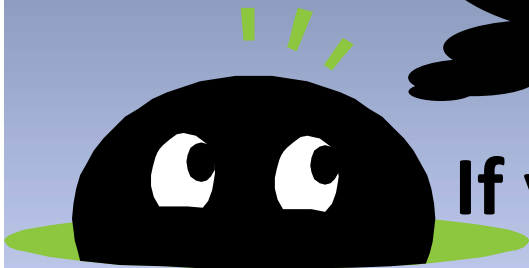
False! In order to take care of others, you must first be sure you take care of yourself. Being a caregiver to someone with incontinence is a big responsibility, but it is normal and healthy to take breaks and ask for help from others.



EMBARASSING?



If your loved one lives with incontinence and finds it challenging...Let them know...They are not alone! It is VERY common.



1 in 5 Canadians over the age of 65 is affected by it too! That means 20% of people over 65 have some form of incontinence.

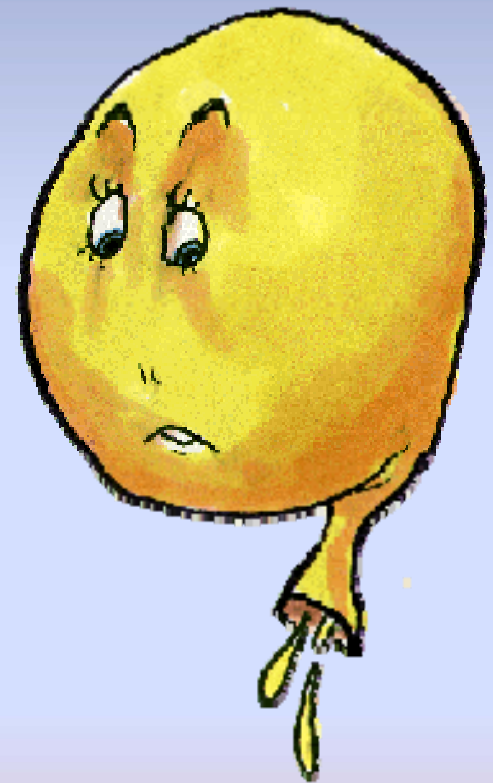


This presentation will be mostly be about bladder (urinary) incontinence, but many of the principles also apply to bowel (fecal) incontinence.



There are **4 major types** of urinary incontinence:

- Urge Incontinence
- Overflow Incontinence
- Stress Incontinence
- Functional Incontinence



Urge Incontinence



What is it?

All of a sudden, the person feels the need to urinate. They have to go very badly but can't make it to the bathroom in time. The person loses large amounts of urine.

It is the most common type of incontinence in seniors.

What causes it?

Urinary infections or certain diseases like Parkinson's, stroke or spinal cord injuries.



Tips That May Help

- Special exercises for the pelvic muscles (also called “Kegel Exercises”) can help
- Sometimes medications are needed to help control the incontinence.
- Talk to a healthcare professional about these possibilities.



Overflow Incontinence



What is it?

In a person with overflow incontinence, the bladder never empties completely. The person doesn't feel the urge (need) to urinate. The urine leaks out often.

This kind of incontinence is common in men.

What causes it?

The most common cause is an enlarged prostate. Other causes include an underactive bladder, stones and tumors.

Tips That May Help



The helpful hints for this type of incontinence are mostly medical.

The most helpful things for overflow incontinence are medications and/or surgery.

Talk to a healthcare professional about these possibilities.



Stress Incontinence



What is it?

It is the loss of small amounts of urine when a person does certain actions. Sneezing, coughing, laughing, physical activity, lifting heavy objects can all cause a loss of urine.

This type of incontinence is common in women who have gone through child birth.



What causes it?

Weak pelvic muscles or a weak sphincter. A sphincter is almost like a door that can open to let urine out of the bladder. If it becomes weak, there is less control.



Tips That May Help



The helpful hints for this type of incontinence are the same as those for urge incontinence.

In addition, sometimes surgery can be a possible help.

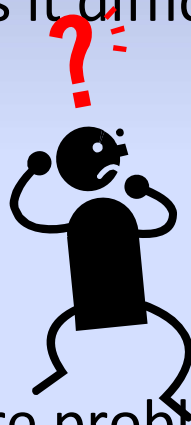
Talk to a healthcare professional about these possibilities.

Functional Incontinence



What is it?

In functional incontinence, the urinary system (bladder, etc.) is normal. The reason for the incontinence is either a physical or mental condition that makes it difficult for the person to make it to the washroom.



What causes it?

The most common causes are problems with mobility (person needs help to walk/move), communication difficulties (person can not call for assistance), confusion, a change in consciousness, or physical barriers (like a lock on a wheelchair or too many steps before the bathroom).



Picture: www.populicio.us/

Tips That May Help

To help someone with functional incontinence, first off, the barrier causing the problem must be identified.



Maybe your loved one needs help to walk to the bathroom, maybe there are too many objects in their way for them to make it in time.

A healthcare professional can help evaluate your loved one and their environment to determine what is getting in the way of them getting to a washroom.

General Tips On Incontinence

Medline Plus suggest using the following tips to help deal with incontinence:

- Try to urinate more often, or on a regular basis. Emptying your bladder more often will help keep accidents less frequent.
- Try to make sure your physical activities don't involve too much jumping or running, as these can lead to leaks.
- Quit smoking! Smoking causes coughing and coughing can lead to loss of urine.
- Cut down on alcohol and caffeine. These drinks can stimulate the bladder.
- Lose weight if you are overweight.



Thanks

**FOR YOUR
ATTENTION!**

Great Websites For More Information

- Patient Information: Constipation in Adults. UpToDate.

http://www.uptodate.com/online/content/topic.do?topicKey=digestiv/5719&selectedTitle=6%7E150&source=search_result

- How To Care: Your Elder Care Survival Guide. How to Care: Incontinence.

<http://www.howtocare.com/incontinence.htm>

- Medline Plus: A Service of the U.S. National Library of Medicine. Stress Incontinence.

<http://www.nlm.nih.gov/medlineplus/ency/article/000891.htm>