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We can produce this document in Braille, large print, on audio tape and in other languages. If you would like a copy in one of these formats, please call 01452 426955.

Managing Continence in School

Information and advice for settings



Advisory Teaching Service

PD Team



Gloucestershire
COUNTY COUNCIL



Quality Assured 2018

Why are some CYP not continent?

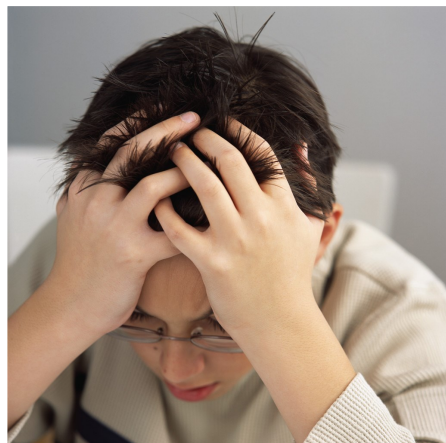
There are many reasons, including:

- Constipation and bowel issues
- Lack of bladder control
- Physical disability
- Developmental Delay
- Incontinence following surgery
- Behaviour/anxiety
- Neuro-sensory loss, i.e. Not aware when wet or dry
- Other medical conditions

FOR SOME CYP THERE IS NO IDENTIFIABLE REASON

When does incontinence occur?

- Some children have continence issues with bladder & / or bowel over 24 hours
- Some children have bed wetting. This should not impact on school activities or affect school residential trips.



Top Tips

- Use appropriate language — ‘pads’ is a better word than ‘nappies’.
- Actively encourage child to manage own personal & intimate care needs.
- Have procedures for taking soiled clothing home
- Enable child to keep spare clothing in access toilet.
- Actively work with and consult with parents / carers to standardise practice at home and setting.
- Encourage all CYP to drink often (preferably water).
- Consider discreet clothing for PE.



Disposal of Clinical Waste

- Basic hygiene precautions should be followed
- **A SEALED SANITARY DISPOSAL BIN MUST BE PROVIDED**
- Do not dispose of soiled pads & equipment in general rubbish bins.
- Arrange a contract to suit individual needs. It may be that setting's usual provision will suffice.

Implications for Learning

Consider:

- that concentration can be affected,
- that it may be difficult to sit still,
- that the CYP may have tummy pain and discomfort,
- position CYP carefully in class.
- developing set times for toilet management routines.

Developing Good Practice

Remember to:

- Develop an **Intimate Care Plan (ICP)**,
- Attend to the safety and comfort of the pupil,
- Treat pupils with dignity and respect,
- Ensure that time taken out can be used to promote personal development,
- Consider that wherever possible staff should work with pupils of the same gender,
- Take religious and cultural values into account,
- Risk assess pupil transfers
- Consider the needs of adolescent girls.
- Consult with pupils and parents/carers.

Drafting a Personal Care Plan

This should cover:

- Facilities
- Equipment
- Staffing
- Training
- Curriculum specific needs
- School trip arrangements
- Review and monitoring arrangements of the Care Plan
- Important contact numbers

The ICP should be agreed by pupil's parents/carers and relevant professionals.

Refer to DfE Guidance [00393-2014] - Supporting Pupils at School with Medical Conditions (01/09/14)

Empathy not Sympathy

- Be discreet
- Avoid actions which highlight CYP's problems:
 1. Consider how you will send soiled clothes home
 2. Ensure all staff are aware of CYP needs to avoid embarrassment
 3. How will you remind CYP to use the toilet?

Resources to Manage Continence

These may include:

Individual toilet assessment

Step to toilet

Grab rails

Toilet insert

Continence Pads

Continence knickers/pants

Plastic aprons

Non-latex gloves

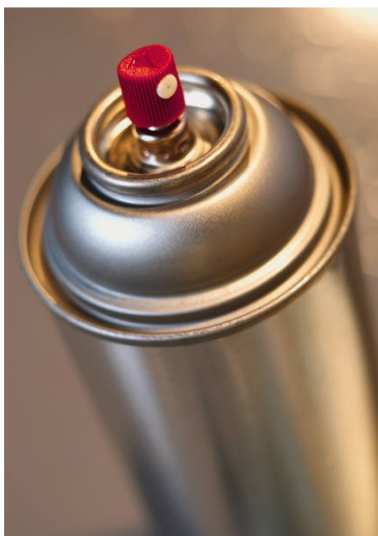
Spare clothes

Storage facilities

Wet wipes

Aerosol freshener

Disposal facilities



Individual Equipment

This will vary according to individual CYP's needs

PADS

- For CYP with long-term continence difficulties, needs are assessed at 4 years of age by a Health Professional.
- A pad allocation is provided free of charge if appropriate, these are delivered to the CYP's home address.
- It is parents'/carers' responsibility to provide pads for use in school from this allocation.
- Liaise with parents / carer's to arrange suitable

GLOVES/APRON

**** ALWAYS USE PLASTIC (latex free) GLOVES AND APRONS WHEN NECESSARY****

- These are necessary when dealing with bodily waste.
- Settings can purchase from a wide range of outlets.

CLEAN-UP WIPES

- As some CYP are allergic to wipes, ask parents to provide accordingly