Certificate II in Continence Promotion and Care
Code 10389NAT
On behalf of The Benchmarque Group and the Continence Foundation of Australia Limited, we are delighted to introduce you to the Nationally Accredited Certificate II in Continence Promotion and Care (Course Code 10389NAT).

This course has been developed in partnership between the Continence Foundation of Australia Limited (CFA) and The Benchmarque Group Pty Limited.

The Benchmarque Group is a Registered Training Organisation (RTO. 21824) specialising in the development and delivery of nationally accredited clinical skills programs.

As an RTO working in the health sector, we focus on the delivery of programs designed to provide nurses and other healthcare professionals with the opportunity to expand their skills and careers. Working in the Vocational Education and Training Sector, we concentrate on skills and knowledge that can be immediately implemented in a vocational context. Skills learnt today can be used tomorrow.

The Certificate II in Continence Promotion and Care has been designed to provide students with the opportunity to develop skills and knowledge to provide current, client focused continence management solutions in a variety of settings. Providing health care professionals with evidence based, nationally accredited training supports improved patient outcomes and promotes best practice standards.

The course offers students the choice of one elective module in addition to the core learning module taken from a choice of four covering residential aged care, disability, Aboriginal and Torres Strait Islander health and continence promotion and care in the primary health sector including both practice and community nursing. Contextualising the program to meet the specific industry needs supports student's ability to implement practical skills within the work environment.

If you have any further questions about the Certificate II in Continence Promotion and Care please do not hesitate to contact me on 1300 855 568.

Kind regards,

The Benchmarque Group Pty Limited

Bruce Greaves
General Manager

This activity has been endorsed by the Australian Primary Health Care Nurses Association (APNA) according to approved quality standards criteria.
Incontinence is one of the biggest health issues facing the nation, affecting more than 4.8 million Australian men, women and children of all ages and nationalities, a figure predicted to rise to 6.5 million people by 2030.

Yet, most people living with bladder and bowel weakness are reluctant to seek help, even from their doctor, despite research showing most cases can be cured or better managed.

Incontinence is defined as the involuntary loss of urine from the bladder (urinary incontinence) or bowel motion, faeces or wind from the bowel (faecal or bowel incontinence).

There are a number of risk factors for incontinence, including: gender; age; menopause; obesity; constipation; surgery; reduced mobility; some medications; dementia; family history; and various neurological and medical disorders.

More than 70 per cent of people affected by incontinence are women, with the life stages of pregnancy and menopause a major contributing factor. Men commonly experience incontinence as poor bladder control as a result of prostate related problems and surgery.

People with a disability and chronic illness are significantly more likely to experience problems with their bladder and bowel function than the general community.

Incontinence affects self-esteem, motivation, dignity and independence. It lowers productivity and participation in the workforce and other social and community involvement, and is one of the main reasons for entry to an aged care residential facility.

A 2011 Deloitte Access Economics report commissioned by the Continence Foundation of Australia estimated that 71 per cent of Australians living in residential aged care were incontinent, accounting for an annual cost of $1.6 billion.
Delivery Mode

The Certificate II in Continence Promotion and Care is available in 2 delivery modes. The course can be completed as a 100% distance based course or can be delivered as a 1 day face to face program with a post course assessment portfolio.

On registration for the distance based program, students will be provided with a complete set of course materials including Core Module, Selected Elective Module(s) and Assessment Portfolio.

Course Modules

The Certificate II in Continence Promotion and Care contains 5 Learning Modules.

- Core Learning Module
- Disability Elective Module
- Primary Health Care Elective Module
- Aboriginal and Torres Straight Islander Health
- Residential Aged Care Elective Module

Distance Based Study

On registration for the distance based course, students are required to select a minimum of one (1) elective module to complete in addition to the Core Learning Module.

Assessment

To successfully complete the Certificate II in Continence Promotion and Care you must:

- Complete all of the reading and activities in the core module
- Complete all of the reading and activities in at least one (1) Elective Module of your choice
- Complete and submit the Assessment Portfolio having completed all six (6) sections.

As part of your registration you are provided with a complete set of materials and resources and your selected elective module(s), we would encourage you to read as much of the materials contained in the elective modules as possible.

Certification

On successful completion of the course, students will be issued with a Nationally Accredited Certificate II in Continence Promotion and Care (Course Code 10389NAT). In addition, successful students may be eligible to complete the Graduate Certificate in Continence Promotion and Management.
The Certificate II in Continence Promotion and Care is intended to provide students with a broad range of knowledge and skills in continence promotion and care.

Bladder and bowel symptoms including incontinence can occur at any age throughout the lifespan. Even though public awareness has grown over recent years, it is still considered a taboo topic by many in the community.

Over the years, there has been a considerable amount of investigation into the topic of bladder and bowel dysfunction and much more is now known about the prevalence of symptoms including incontinence. However, it is also understood that many people with urinary and bowel symptoms still do not seek help or discuss their problems with health professions, so the true prevalence of symptoms is uncertain.

The term incontinence describes any accidental or involuntary loss of urine from the bladder (urinary incontinence) or faeces from the bowel (faecal incontinence). It is a widespread condition that ranges in severity from a small leak to complete loss of control of the bladder and or bowel.

The Core Learning Module will introduce participants to the topic of normal urinary and bowel function, urinary and faecal dysfunction, including incontinence.

As part of the core module, students will gain a detailed understanding of:

- The prevalence of bladder and bowel problems across the lifespan
- Normal bladder and bowel function
- Being able to identify physical, psychological, social and environmental barriers which place people at risk of developing bladder and bowel symptoms
- Practical management solutions to optimise continence in partnership with clients
- Strategies to prevent, manage and treat urinary and faecal incontinence within the scope of the participant’s role and responsibilities
- Demonstrate an understanding of the elements required to deliver effective communication with clients/patients and colleagues in order to support the delivery of optimal care within the health care industry.
The notion of chronic illness and disability has changed significantly over the years, with a great deal of public awareness and debate, leading to important government initiatives that address the needs of Australians with chronic illness and disability.

There are many different causes of disability with varying degrees of severity, where the impact on that person and their loved ones is unique. People with a disability and chronic illness are significantly more likely to experience problems with their bladder and bowel function than the general community. Bladder and bowel symptoms including incontinence can have a profound impact on the individual with disability and for those caring for them.

This module aims to provide an overview of what constitutes a disability and how that might impact on the individual, with a particular focus on bladder and bowel dysfunction. There will also be a number of case presentations where students will be able to identify particular areas of interest for assessment purposes and specific learning.

At the successful completion of this elective module, students will:

- Demonstrate knowledge of the prevalence of disability and how chronic disease impacts on conditions resulting in disability
- Understand how chronic disease or a condition resulting in disability can increase risk of developing bladder and bowel symptoms
- Be able to identify health conditions that can affect or increase risk of developing bladder and bowel symptoms
- Understand the importance of continence health assessments and develop the skills to work collaboratively with other health professionals to undertake a continence assessment
- Have the ability to address and manage common continence issues in this client group.
- Be able to identify the barriers faced by people with a disability when trying to access health, rehabilitation and care programs
- Acquire knowledge of resources and programs available to assist.
Primary health care is the first level of contact that individuals, families and communities have with the health care system. In Australia, primary health care professionals work in a range of settings including general practice, community care, domiciliary services and specialist roles.

Primary health care providers have a responsibility to ensure that all people have the opportunity to fully participate in their care. Regardless of the setting, the primary health care provider’s practice is underpinned by a ‘person-centred’ approach to care that maximises the individuals’ potential to achieve optimal health.

This module aims to provide a specific understanding of the scope of primary health in Australia and the roles and responsibilities of primary health care professional in screening, assessing and supporting individuals to manage a variety of bladder and bowel problems experienced by people in the Australian community.

At the successful completion of this elective module, students will:

- Understand the scope of primary health care in Australia
- Learn about the roles and responsibilities of Primary health care providers
- Understand different Primary health care providers’ scopes of practice
- Gain information about the prevalence and types of bladder and bowel problems experienced by people in the Australian community
- Develop an appreciation for the personal, social and financial costs of incontinence in the Australian community
- Understand how to work collaboratively in a primary health care role to contribute to assessing and managing incontinence and other bladder and bowel symptoms
- Develop the confidence to screen people for incontinence and other bladder and bowel symptoms in primary health care settings
- Help clients complete a bladder/bowel chart
- Help clients describe their symptoms
- Recognise symptoms that warrant medical attention and referral
- Inform clients what to expect in a continence assessment
- Provide advice about self-management
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Aboriginal and Torres Strait Islander Health

This module has been developed by the Continence Foundation of Australia (CFA) and The Benchmarque Group to assist health professionals who work in healthcare settings to have a positive engagement with Aboriginal or Torres Strait Islander (ATSI) people and communities and where possible influence the management of chronic disease and bladder and bowel dysfunction in those communities.

The module will explore the intrinsic relationships between bladder and bowel issues, chronic disease, lifestyle, cultural practice and history. This will enable health professionals to have a greater understanding of the effect these factors have had on the health and lifestyle of multiple generations of Indigenous people.

At the successful completion of this elective module, students will:

- Identify the prevalence of incontinence in the Australian community and the impact this has on the ATSI population
- Identify the main risk factors associated with the development of bladder, bowel or pelvic floor dysfunction within the ATSI community
- Identify health conditions, which can contribute towards an Indigenous person being at risk of developing both urinary and bowel incontinence
- Gain an understanding of the cultural, social and historical perspectives that influence Indigenous people’s engagement in healthcare settings
- Identify the barriers that may inhibit people from an ATSI background from approaching healthcare workers or initiating management for continence issues
- Gain knowledge to assist the health professional to approach the subject of incontinence and complete a bladder and bowel assessment with Indigenous patients or clients
- Identify management strategies in collaboration with the Indigenous patient or client to assist them to self-manage their symptoms
- Increase knowledge of services and resources that assist with education and management of ATSI patients or clients with bladder and bowel issues.

From $690.00 per Student
Adult residential aged care services provides care and accommodation to people with diverse care needs, including: frail older adults with or without a disability; younger adults with a disability; individuals who require end-of-life care, and individuals with neurocognitive and mental health disorders.

At the successful completion of this module, students will have the knowledge and skills to assist a broad range of individuals living in residential care facilities maintain optimal continence and to manage incontinence.

At the successful completion of this elective module, students will:

- Demonstrate knowledge of the prevalence of, and risk factors for incontinence in residential aged care facilities.
- Understand the physical and psychosocial factors that promote or hinder continence in residential aged care facilities.
- Understand the physical impact of incontinence on frail older adults.
- Recognise the subjective experience of being incontinent, wearing pads, and/or being dependent on another person for assistance with bladder and bowel function.
- Identify the link between incontinence and dementia.
- Understand and demonstrate empathic forms of communication to assist residents’ adjust to, and accept assistance with bladder and bowel function.
- Understand and assist in the implementation of toileting assistance programs to promote residents’ continence.
- Demonstrate knowledge of the appropriate use of continence aides to manage residents’ incontinence, including factors to consider when selecting and using continence aides.
- Understand the requirements of Accreditation Standard 2.12 to provide effective continence care.
- Understand how to conduct an assessment to apply for funding to address residents’ continence care needs.
- Understand how to conduct a comprehensive evidence-based and individualised continence assessment.
Units of Competency

The Certificate II in Continence Promotion and Care includes five (5) accredited Units of Competency:

<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>CCPPCH201B</td>
<td>Promote continence health</td>
</tr>
<tr>
<td>CCPAAC202B</td>
<td>Apply knowledge of continence issues to client interactions</td>
</tr>
<tr>
<td>CCPACC203B</td>
<td>Advise on continence control issues</td>
</tr>
<tr>
<td>CCPCC204B</td>
<td>Provide continence care</td>
</tr>
<tr>
<td>HLTAMBFC301D</td>
<td>Communicate with clients and colleagues to support health care</td>
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CCPPCH201B   Promote continence health

This unit describes the outcomes required to promote continence health to individuals, through identifying continence risk factors and myths and providing information about basic care.

At the successful completion of this unit the individual should be able to demonstrate these essential skills and knowledge:

- Basic anatomy and physiology of bladder and bowel
- Basic terminology related to continence
- The impact of continence issues
- Normal and abnormal bladder and bowel control
- Different types of continence problems
- Products and services available to manage continence problems.

CCPAAC202B   Apply knowledge of continence issues to client interactions

This unit describes the skills required to identify continence risk factors, myths and social impacts in order to work more effectively with clients who have continence issues.

At the successful completion of this unit the individual should be able to demonstrate these essential skills:

- Observation skills to recognise continence risk factors
- Questioning skills to explore a client’s continence issues
- Research skills to access information
Units of Competency

CCPACC203B Advise on continence control issues

This unit describes the outcomes required to identify problems associated with bladder and bowel control and assist individuals develop strategies to help manage such problems.

At the successful completion of this unit the individual should be able to demonstrate these essential skills:

- Application of strategies to assist with bladder and bowel control problems
- Ability to research appropriate information on groups and services available for clients.

CCPPCC204B Provide continence care

This unit describes the outcomes required to provide basic care for individuals with continence issues, including providing basic catheter care (this unit does not include insertion of indwelling catheters).

At the successful completion of this unit the individual should be able to demonstrate these essential skills:

- Implementation and maintenance of continence management plans
- Selection, application and management of continence products
- Basic catheter care
- Identification of persons requiring referral to appropriately qualified professionals
- Interpersonal skills to interact with clients and others regarding continence issues
- Documentation of continence management plans and client information.

HLTAMBFC301D Communicate with clients and colleagues to support health care

This unit covers the skills required to exercise effective communication skills with clients and colleagues to support the delivery of client care services within the health industry.

At the successful completion of this unit the individual should be able to demonstrate these essential skills:

- Principles of effective communication
- Dealing with cultural diversity
- Referral processes of organisation
- Effect of sensory loss and cognitive impairment
- Relevant guidelines and procedures, and a range of written information relevant to the job role.
**Continence Foundation of Australia**

The mission of the Continence Foundation of Australia is to represent the interests of Australians affected by, or at risk of, bladder and bowel control problems and act as an advocate for their interests.

The Continence Foundation of Australia exists to serve all Australians by promoting bladder and bowel health. This is achieved by:

- Working with consumers, professionals and industry
- Facilitating access to continence support services
- Providing evidence based information and advice, and
- Building the capacity and capability of the workforce through courses, workshops and scholarships

At the completion of the Certificate II in Continence Promotion and Care, successful students will be given the opportunity to apply for a free 12 month membership to the foundation.

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<thead>
<tr>
<th><strong>Course Title</strong></th>
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<tbody>
<tr>
<td><strong>Course Code</strong></td>
<td>10389NAT</td>
</tr>
<tr>
<td><strong>Course Cost</strong></td>
<td>Distance Based Course - $690.00 per Student</td>
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<td></td>
<td>Face to Face Delivery - $750 per Student (Minimum 16 Students)</td>
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<tr>
<td><strong>Additional Elective Modules</strong></td>
<td>Additional Elective Modules can be purchased at any time for $60 per Module.</td>
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<tr>
<td><strong>Delivery Method</strong></td>
<td>100% Distance Based. Face to face workshop available on request.</td>
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<tr>
<td><strong>Course Duration</strong></td>
<td>40 Hours of Learning</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>Assessment Portfolio + Independent Clinical Practice</td>
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<tr>
<td><strong>CPD Hours</strong></td>
<td>APNA has endorsed this activity and assessed that completion of this activity entitle students to claim up to <strong>30 CPD Hours</strong></td>
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<tr>
<td><strong>Pre Requisites</strong></td>
<td>There are NO prerequisites for this course. Vocational Capacity is required for completion of clinical practice.</td>
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To view The Benchmarque Group terms and Conditions of registration simply visit our website at www.benchmarquegroup.com.au/terms-and-conditions