EVIDEM-C: Promoting continence and managing incontinence with people with dementia and their carers living at home

Aim
To identify evidence, including feasibility and acceptability, for interventions to promote continence and manage incontinence with people with dementia living at home.

Background:
Incontinence is distressing for any adult, impacting on their quality of life. Incontinence is known to be a significant factor in the decision for people with memory problems and dementias to take up residence in a care home. There is no evidence based guidance currently available in supporting people with dementia living at home with incontinence problems.

Method:
This study draws on the MRC Framework for developing complex interventions. Initial phases are: a) systematic review of evidence and b) qualitative exploration of the views of people with dementia and incontinence, their carers and health and social care professionals supporting them.

Preliminary Observations:
The systematic review identified three papers meeting the inclusion criteria. Two described interventions of prompted voiding and one of individualised toileting schedules. All three had methodological weaknesses, raising questions of feasibility and acceptability. The qualitative stages of the study are now underway. Findings of the systematic review are being tested with groups of carers of people with dementia and health and social care professionals to consider issues of feasibility and acceptability.

For more information about getting involved with EVIDEM-C, contact: Professor Vari Drennan or Laura Cole on 020 8725 3867 or e-mail lcole@hscs.gu.ac.uk or visit the programme website www.evidem.org.uk

EVIDEM: EVIDENCE-BASED INTERVENTIONS IN DEMENTIA
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