



For Immediate Release

Fecal Incontinence Study News Release

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Continence Training Needs Assessment of Residential Long-Term Care Personal Support Workers

Recent Research Study conducted by The Cameron Institute and the Canadian Continence Foundation, supported by SCA Americas, Personal Care, Canada creates a better understanding of the gaps in the knowledge of professional caregivers in long-term care facilities when caring for fecal incontinent residents.

Ontario, Canada: Recent research revealed that professional caregivers in long-term care facilities (nursing homes) were not confident in their skills to care for fecal incontinent residents.¹

In keeping with The Canadian Continence Foundation's continuous drive to encourage access to the treatment and education of urinary and fecal incontinence, a long-term care residential-based qualitative study was conducted by The Cameron Institute and The Canadian Continence Foundation, with the support of SCA, makers of TENA® personal hygiene products, to identify gaps in the knowledge of professional caregivers in long-term care facilities. The study also informed educators and administrators of the need for in-service training curricula so that those with fecal incontinence can live a better quality of life and their caregivers feel more confident in their provision of care.

The goals of the study were to identify the needs of professional caregivers in residential facilities with fecal incontinent patients and to identify topics for in-service training.

The study used a structured interview protocol of 99 close-ended questions: 36 on a 10-point Likert-type scale; 63 on a 1-0, yes-no scale. Professional caregivers and personal support workers (PSWs) were interviewed in 3 residential long-term

care facilities, one each in an urban, suburban and rural setting that had a high percentage of fecal incontinent residents.

The sample interviewed consisted of 35 PSWs, 6 health care assistants, 1 nursing assistant, 1 RPN and 1 RN. All but one of the staff interviewed were female with an average age of 44 years ranging from 22 to 69. Most had a community college education or equivalent. The average length of practice was 16 years of age with a range of 1-50 years. The average length of employment with the current employer was 15 years with a range of 1-37 years. In general, these were qualified, middle-aged, long-serving permanent employees.

The study results were surprising and reinforce the need for more in-class education and educational placement training on fecal incontinence management. The residential care workers interviewed felt that their in-class education had been inadequate in giving them the knowledge and skills to deal with fecal incontinence. On a 10 point scale where 1 equaled no in-class fecal incontinence education and 10 equaled lots of in-class fecal incontinence education, the average response was 5.6 with the lowest scores (below 5) being in taking histories, dealing with odour, and dealing with residents who were depressed and incontinent. Similar responses were given when asked about their educational placements. Overall average score was 5.9 out of 10, adding that a one month placement was not adequate.

Below is a snap shot of long-term care residences in Ontario in 2015²:

- The average age of a long-term care resident in Ontario is 86 years
- 626 residences licensed and approved to operate in Ontario
- 57% of residences are privately owned, 24% are non-profit –charitable, 17% are municipal
- 40% of long-term care residences are small, with 96 or fewer beds; of these, 41% are located in rural communities
- 62% of residents live with Alzheimer`s disease or other dementias
- 46% of residents exhibit some level of aggressive behaviour



- 40% of residents have a psychiatric diagnosis such as anxiety, depression, bipolar disorder or schizophrenia
- 97% of residents have two or more chronic diseases
- 22% increase in the number of residents who need help with toileting
- 73% of staffing is by personal support workers (PSWs), 18% by registered practical nurses (RPNs), 9% by registered nurses (RNs)

As Ontario's population ages and the demand for long-term care continues to increase, there is a need to better train professional care givers through in-class education and educational placement training on fecal incontinence management. This in-class education and training is critical to allow caregivers to feel confident in their role as caregiver and allow incontinent residents to trust their caregiver and live a life of dignity.

For more information, please visit:

www.cameronunstitutue.org

www.canadiancontinence.ca or call Jacqueline Cahill, Executive Director at 705-931-4488.

1 http://www.cameroninstitute.com/wpcontent/uploads/2014/10/071_10.5923.j.ajmms_.20130305.01.pdf-_Lp__.pdf

2 *This is Long-Term Care, 2015*, Ontario Long Term Care Association.

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