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Acti brief Plus Case Study Series

Case Study One

Author: Katrina Potter, MS Nurse Specialist,
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Patient's age and condition

54 year old Male with Multiple Sclerosis.

Description of Social Circumstances

This gentleman lives alone, his daughter being his main carer. Due to Multiple Sclerosis, his primary mobility is provided by means of a Wheelchair. He is an intelligent man, who has taken early retirement from his previous role as a city trader, and is described as a very proud man. He has informally separated from his wife due to the impact of both the MS and his incontinence.

Continence Issues Including Quality Of Life

The gentleman has combined dysfunction urinary incontinence, which is failure to store in combination with failure to empty (formally known as detrusor-external sphincter dyssynergia) resulting from a lack of coordination between muscle groups. Instead of working in coordination with one another (with the detrusor contracting to expel urine while the external sphincter relaxes to release it), the detrusor and external sphincter contract simultaneously, trapping the urine in the bladder. The resulting symptoms include Urgency, Hesitancy and Dribbling Incontinence. This is combined with full faecal incontinence, which is impacting upon his self-confidence, so much so that he had recently refused to leave his home, even for planned hospital visits.

Previous Continence Management

The gentleman previously used full incontinence pads. Whilst providing a solution for his double

incontinence, he disliked their bulky appearance, and were difficult to manage without assistance from his daughter, and are hard to dispose of when out, as most public and Disabled toilets do not have waste facilities. This is even more so for doubly soiled pads.

How their continence issues changed using Acti brief Plus

The gentleman now manages his urinary incontinence with the aid of Acti brief Plus. He empties the collection bag himself, and uses mini pads for his faecal incontinence, which are easier to dispose of, feels more secure inside Acti brief Plus than his own underwear.

Quality Of Life Improvements

The user now goes to his hospital appointments, and is less fearful of being out in public, and is hopeful of a reconciliation with his wife.

User Comments

"Acti brief Plus has provided me a degree of self-respect that I had previously lost. Life will never be the same, but at least Acti brief Plus has made it a little easier to live"

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Acti brief Plus Case Study Series

Case Study Two

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Patient's age and condition

54 year old Male with Parkinson's disease.

Description of Social Circumstances

This 54 year old gentleman lives with his daughter, who is his main carer. Due to Parkinson's Disease, his primary mobility is provided by means of a Wheelchair. He is described as having an independent streak, which has not been curbed by his disease state. He likes to use the local bus service to take day trips to the surrounding towns, as well as visiting friend within his own town using the Wheelchair. He has access to the disable toilet network through the use of a RADAR key.

Continence Issues Including Quality Of Life

The gentleman has problems with urinary urgency. Urinary urgency is a symptom where you get a sudden urgent desire to pass urine and you are not able to put off going to the toilet. He also has an additional problem of Urinary dribbling, a sign of overflow incontinence, which is the constant dribbling of urine usually associated with urinating frequently and in small amounts. Bladder problems can occur in Parkinson's disease due to the effect on the nerves that control bladder emptying, leading to an overactive bladder.

Both of these symptoms resulted in the gentleman limiting his excursions to times when his daughter could accompany him, and limited his outdoor visits in his local town.

Previous Continence Management

The gentleman previously used incontinence pads. Whilst these provided a solution to manage his urinary incontinence, he disliked their bulky appearance under trousers, were difficult to manage without assistance, and usually hard to dispose of when out, as most public toilets do not have waste facilities, even when using Disabled Toilets.

How their continence issues changed using Acti brief Plus

The gentleman now manages his urinary incontinence un-aided. He empties the collection bag himself, and does not have to dispose of bulking pads when out and about.

Quality Of Life Improvements

The user has now regained his independence as he is no longer reliant upon his daughter assisting him when he goes out of his home for day trips and excursions. This has increased his levels of self-respect and improved his personal dignity.

User Comments

"Acti brief Plus has provided me with the solution to my Urinary incontinence I thought I would never get back"

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Acti brief Plus Case Study Series

Case Study Three

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Patient's age and condition

84 year old Male with a Stroke.

Description of Social Circumstances

This 84 year old gentleman lives with his wife, who is his main carer. Due to a Stroke, he now has urinary incontinence.

Continence Issues Including Quality Of Life

The gentleman has problems with urinary leakage. Urinary leakage is a form of urge incontinence – when urine leaks as you feel an intense urge to pass urine, or soon afterwards. About half of people admitted to hospital with a stroke will have lost control of their bladder. It is quite normal for incontinence to be a source of concern after a stroke. For many people loss of toilet control is a very sensitive and personal issue and some people may feel like they have lost their dignity. However, there is a lot that can be done to help with urinary incontinence, and just 15 per cent of stroke survivors will continue to have continence problems a year after their stroke.

Urge incontinence resulted in the gentleman become more dependent on his wife a sole carer, and impacted upon their quality of life.

Previous Continence Management

The gentleman previously used incontinence pads. They provided a solution to manage his urinary incontinence, but the frequent checking, and rechecking was tiring his wife, who did not want her husband to sit in wet pads. In addition, she found it difficult to change the pads unassisted.

How their continence issues changed using Acti brief Plus

The gentleman's wife now does not need to check for urinary incontinence as frequently, and has developed a more normal routine. He is now regaining a more normal toileting pattern, and his wife feels confident that Acti brief Plus is managing his urinary incontinence, without the need for constant checking of pads.

Quality Of Life Improvements

The user has regained a degree of personal respect and improved dignity. His wife has gained confidence in her caring ability and is not constantly checking him for urine leakage, providing her with more time in the day.

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Acti brief Plus Case Study Series

Case Study Four

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Patient's age and condition

86 year old Male with a Stroke.

Description of Social Circumstances

This 86 year old gentleman lives with his daughter, who is his main carer. Due to a Stroke, he now has urinary incontinence.

Continence Issues Including Quality Of Life

The gentleman has problems with urinary urgency. Urinary urgency is feeling a sudden, urgent and uncontrollable need to pass urine. This is due to bladder spasm or contractions. Often there is no time to get to the toilet, which is a particular problem post-stroke, so you may have an accident resulting in urinary incontinence. About half of people admitted to hospital with a stroke will have lost control of their bladder. It is quite normal for incontinence to be a source of concern after a stroke. For many people loss of toilet control is a very sensitive and personal issue and some people may feel like they have lost their dignity. However, there is a lot that can be done to help with urinary incontinence, and just 15 per cent of stroke survivors will continue to have continence problems a year after their stroke.

Urinary urgency resulted in the gentleman reducing car journeys to essential trips only, due to fears of

urinary incontinence (both real and perceived) during the journey. This resulted in a reduced social life, and an increase in being confined to his daughter's home.

Previous Continence Management

The gentleman previously did not use any continence aids as he felt they would impact upon his recovery and he would be labelled as incontinent. Whilst in his home, he rarely had "accidents", but when he was out of the home, he had experience urinary incontinence on a number of occasions, which had impacted on his self-respect.

How their continence issues changed using Acti brief Plus

They are now confident to go on long car journey, safe in the knowledge that if he had urinary urgency whilst on a journey, Acti brief Plus would manage any leakage until toilets were found.

Quality Of Life Improvements

The user now has a degree of personal respect and improved dignity. He has regained his social life and enjoys going on long car journeys.

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Acti brief Plus Case Study Series

Case Study Five

Author: Tracey Cohen, Nurse Specialist,
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Patient's age and condition

73 year old Male with Cancer of the Bladder and Construction of Neo bladder.

Description of Social Circumstances

The gentleman lives with wife, and is likes to be independent with no other health problems or disabilities.

Continence Issues Including Quality Of Life

The gentleman was catheterised after his surgery. Once the urethral catheter was removed whilst he was an in-patient in urology ward, he experienced dribbling of urine and in addition, and was required to monitor and measure his urine input and output, which was a particular problem at night-time as it disturbed both his and his wife's sleep pattern.

Previous Continence Management

The patient was provided with a urinary sheath to use at night whilst in hospital and incontinence pads in the daytime. He found sheaths satisfactory to use whilst in hospital as he was nursed in adjustable bed and was semi-recumbent. However, when at home and sleeping flat in a regular bed in his normal recumbent position, he found the sheaths did not stay in place, and with normal movement came off. This meant he started to wear a pad whilst in bed as-well-as the sheath to pre-empt any bed wetting. Whilst wearing pads, he found this impacted on his social life. Due to constant dribbling of urine, he frequently needed to change the pads, and found this difficult, particularly when away from home, as there often was a lack of disposal facilities. In

addition, it was embarrassing when at friends' homes, and he therefore curtailed visits away and he tended to stay at home.

How their continence issues changed using Acti brief Plus

The gentlemen and his wife's sleep is no longer disturbed at night time. He continues to practice pelvic floor muscle exercises as instructed, and has noticed improvement in his urinary symptoms. He no longer requires a leg bag with the Acti brief Plus, and he is just using the pouches, but does attach a night drainage bag when he retires to bed.

Quality Of Life Improvements

The gentleman was very excited when the Uro-oncology nurse suggested there may be an alternative to Pads. Since he has been using Acti brief Plus, he has a much improved quality of life. He has attended a support group for patients undergoing similar surgery, and has recommended to other patients with incontinence post-surgery.

User Comments

"I am now able to go out with no restriction, Generally, [(Acti brief Plus)] it's fantastic For anybody recovering from my kind of operation, its freedom."

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