

Community Continence Services

Imperial College Healthcare NHS Trust
in partnership with Central London CCG

Who we are/what we do

- **Integrated team of Specialist Continence Nurses & Women's Health Physiotherapists with support of Gynaecologists, Urologists and Uro-gynaecologists**
- **Assess & treat men & women with bladder/bowel dysfunction who have GPs in Central London CCG (Westminster)**
- **Often can prevent unnecessary referrals to secondary care (NICE 2012)**

Commonly treated conditions

- **Stress urinary incontinence**
- **Urge urinary Incontinence**
- **Post natal pelvic floor dysfunction**
- **Pelvic organ prolapse (above the level of the introitus)**
- **Voiding dysfunction**
- **Detrusor Overactivity**
- **Constipation**
- **Faecal incontinence**
- **Dyspareunia**
- **Chronic Pelvic pain**
- **Recurrent urinary tract infections & Cystitis**
- **Catheter care/Trial without catheters**
- **Post prostatectomy**
- **Post chemotherapy and radiotherapy**

First Line management (1)

Investigations will include:

- **History Taking**
- **Medical**
- **Obstetric**
- **Surgical**
- **Medication**
- **Pelvic Floor muscle assessment**
- **Perianal area assessment**
- **Digital rectal examination**
- **Bladder Scan**
- **Urinalysis**
- **Uroflowmetry**

First line management (2)

Treatments include:

- pelvic floor muscle rehabilitation,
- bladder retraining,
- electrical stimulation,
- neuromodulation,
- biofeedback,
- acupuncture,
- lifestyle advice
- containment products & many more.

From January 2017

- potential for ring pessary fitting & PTNS

Accessing The Service

- **All referrals are triaged by a senior clinician to either physiotherapy or nursing.**
- **Our referral form has been designed to help with the accuracy of triage.**
- **Patients are seen within 28 days of receiving referral.**
- **Initial appointments are 60 minutes, follow ups 15-30 minutes.**
- **Patients with complex needs can be cross referred to specialities such as Urology & Urogynaecology within our team (without requiring another referral)**
- **Patients must be mobile enough to attend clinic**
- **For housebound patients our nurses can provide support and advice to the district and community nurses where necessary.**
- **Point of contact Imperial (SMH currently) but clinics operate out of multiple venues across Westminster CCG**

Referral Process

- Referrals accepted from all health care professionals
- Potential for self referral in the future
- Referral forms are not currently available on our Website (work in progress) However they should be on system One
- Referral forms can be requested via email (see contact details)
- Letter of referral detailing patients symptoms/reason for referral, PMH, social needs (interpreter/carer present etc) will also be accepted.

Contact details

Telephone numbers:

0203 313 7320 (Gynaecology)

0203 311 0357 (Urology)

0203 312 5995 (Continence Queries)

0800 0304466 (Pad Queries at NHS Supply Chain)

Email:

Referrals: ICHC-tr.clcgs@nhs.net

Continence referrals and pad orders:

ICHC-tr.imperialcontinenceservice@nhs.net

Physiotherapy lead: Sara Wolujewicz

Email: Sara.wolujewicz@imperial.nhs.uk

Continence Nurse contact: Ann Marie McManus

Email: annmarie.mcmanus@imperial.nhs.uk or a.mcmanus@nhs.net