

P10 - PROMOTING CONTINENCE WITHIN COGNITVELY IMPAIRED RESIDENTS: EVALUATION OF BEST PRACTICE GUIDELINE IMPLEMENTATION

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Brief Description of Research or Project: Incontinence is a prevalent issue amongst the elderly, and is often mistakenly believed to be a normal part of aging. In reality, urinary continence can be improved in the elderly, including those who are cognitively impaired. Through Baycrest's endeavour to achieve designation of a Best Practice Spotlight Organization®, the organization is implementing five Best Practice Guidelines, one of which is "Promoting Continence Using Prompted Voiding." Through doing an Advanced Clinical Practice Fellowship facilitated by RNAO, I have had the opportunity to concentrate my efforts on evaluating the guideline implementation. Evaluation is a crucial aspect of program planning, and essential when one seeks to improve practice. The fellowship focuses exclusively on evaluating guideline implementation at both the level of improved resident outcomes, as well as the impact on staff in terms of their practice and knowledge. Through this poster presentation I will outline my evaluation findings, including both qualitative and quantitative data obtained from pilot units, as well as implications for program evaluation within the long-term care sector and as it relates to the RNAO Best Practice Guidelines. **Why is this research important to profile at the Research Day 2014?** For many working in the LTC sector, it is evident that there are many desirable benefits to improving bladder continence amongst our residents. Bladder continence status ultimately affects one's risk of developing an infection, falling, developing delirium, and experiencing skin breakdown. By that measure, improving the urinary continence of a resident can result in greater resident outcomes such as increased quality of life for those residents living in a long-term care facility. Evaluation implications are relevant not only in relation to continence management, but also in relation to evaluating programs related to other pertinent issues in long-term care. As health care continues to evolve, being able to evaluate improvements in practice is crucial for those working in the long-term care sector, and an area that is relevant at all levels. I hope to share my experience and knowledge with other individuals that have a keen interest in improving the outcomes for residents that we work with in long-term care.