

Contact information

Phone: Please leave a message on any phone and we will call you back if we are unable to answer at the time

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www.continencenurse.com.au

A referral form can be downloaded from the website if required

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Community Nurse Service

Nurses are located in:

- Wide bay Area of Queensland covering Bundaberg, Childers, Maryborough, Hervey Bay and surrounding areas
- Brisbane (south side)

Assessment by a Nurse Continence Specialist



*Community Nurse Service
specializing in
Continence Care*

Many people affected

Bladder and bowel problems affect many people in Australia. Current statistics reflect that one in four Australians of all ages and from all walks of life can be affected. Some examples:

- Leak urine or faeces when lifting, laughing, sneezing or coughing or leak on the way to the toilet
- Feeling of not emptying completely after using the toilet for bladder or bowel
- Wetting the bed at night
- Leak urine or faeces and be unaware that it has happened
- Chronic constipation
- Frequent and loose bowel motions
- Being unable to pass urine when you need to

Nurse Continence Specialists

A NCS is a Registered Nurse with the Australian Health Professionals Registration Authority (AHPRA).

A NCS has acquired skills and education specifically in the area of Continence and Urology, often with many years of clinical experience.

An assessment by a NCS is aimed at identifying the cause/s of the bladder or bowel problems so that conservative strategies can be identified to manage the problem.

A Continence Assessment by a NCS is very thorough and looks at all aspects of your life that is affected by your unique problems.

The NCS will provide you with explanations or education about your problems and develop a plan to help you manage.

What to expect in an assessment

A home visit (if suitable) for a face to face interview to take your detailed health history and collect information about your unique problem

With your consent, the NCS will collaborate with other Health Professionals involved in your care.

It may also be necessary to collect information from other people who support you in your daily life.

You may be required to complete a fluid diary, food diary or bowel diary to show the issues you are having

The NCS will take your weight, height, blood pressure and may perform a urine test and a simple bladder scan if needed.

It may need more than one visit to complete all parts of the assessment.