



Singapore Healthcare Management 2018



NOT A Baby!

Have You Off Those Diapers?



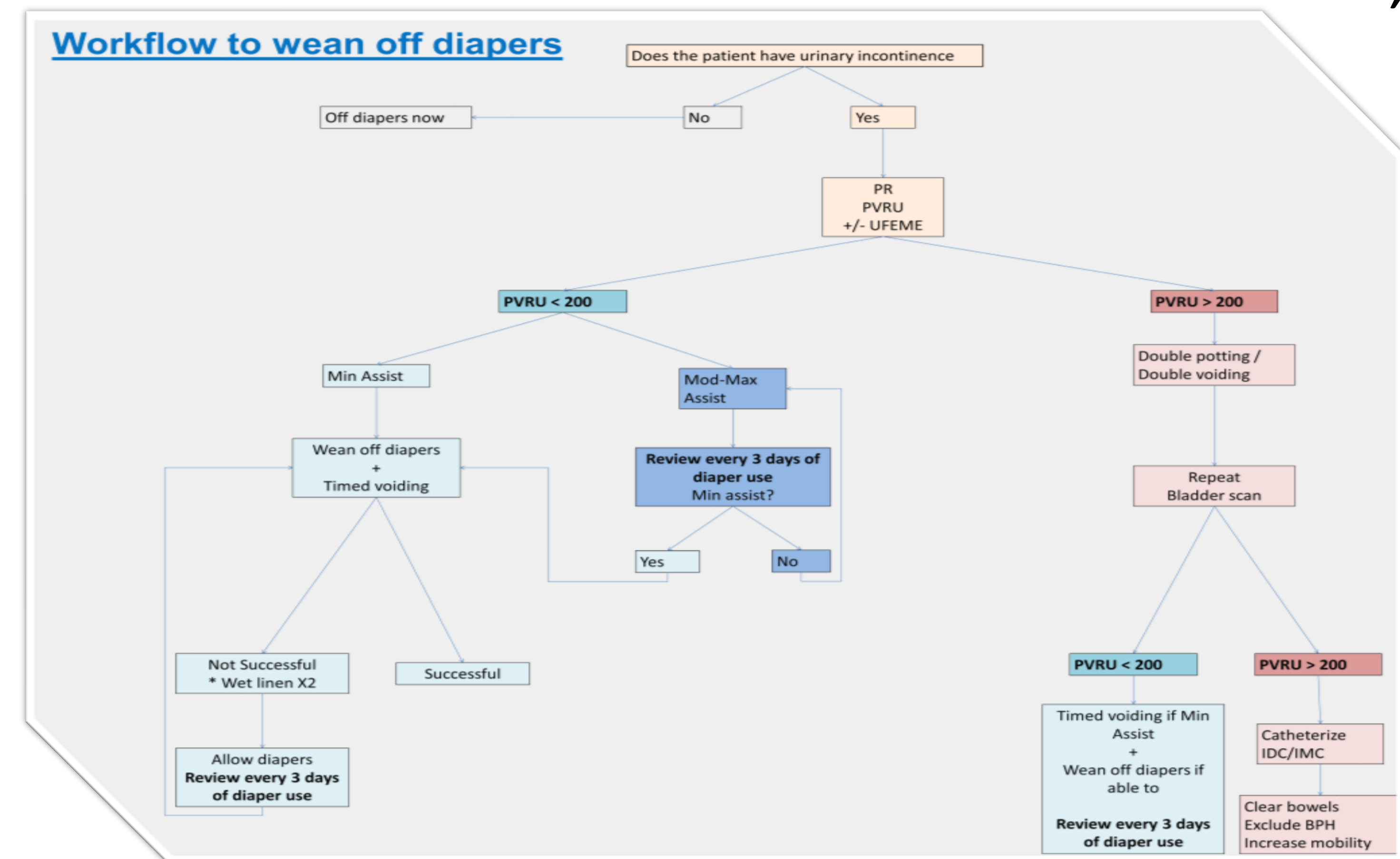
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## Background

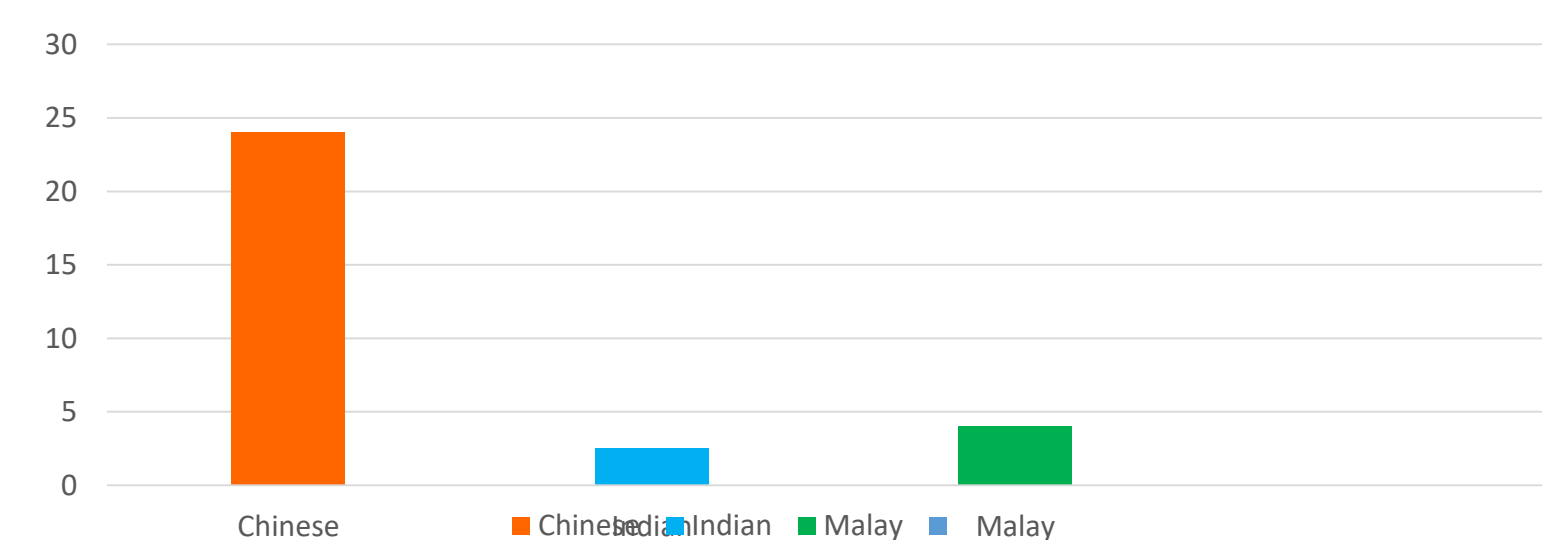
Urinary incontinence (UI) is a geriatric syndrome that profoundly impacts an individual's quality of life. Diaper use is prevalent among the elderly with UI. Currently:

- Most older adults are put on diapers during admission for acute illness as they are weak and often not as mobile.
- Lack of consistent and proactive efforts targeted at improving continence and no standard protocol in place to evaluate the need for diapers in older adults or trial to off diapers
- A cross-sectional audit was carried out in an acute hospital demonstrates that 61.22% of patients in an acute geriatric setting have symptoms of urinary incontinence. **58.82%** are identified to be on diapers, of which, a significant **41.18%** required diapers only upon the current admission. The diagnosis of urinary incontinence was not documented in all patients, with only **17.65%** of patients having documented plans for continence management/wean off diapers

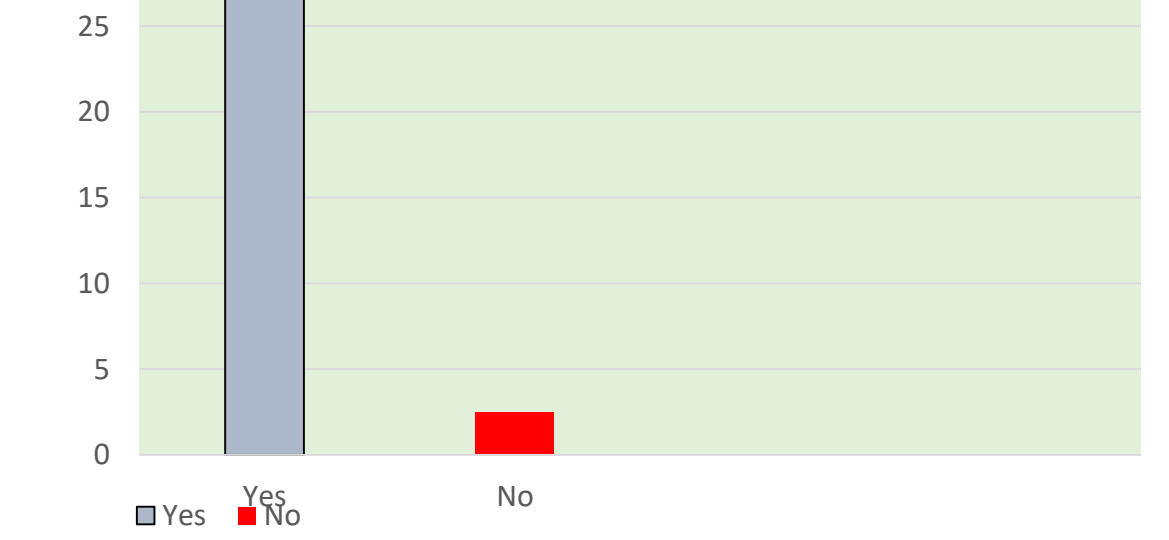


## Result

Count of success



Count of success



A total of 34 patients were identified 29 patients (85%) successfully trial off diapers Majority were Chinese

## Conclusion

Urinary incontinence can be treated and managed with proper assessment, interventions and education. Treat older adults as elders and NOT a baby.

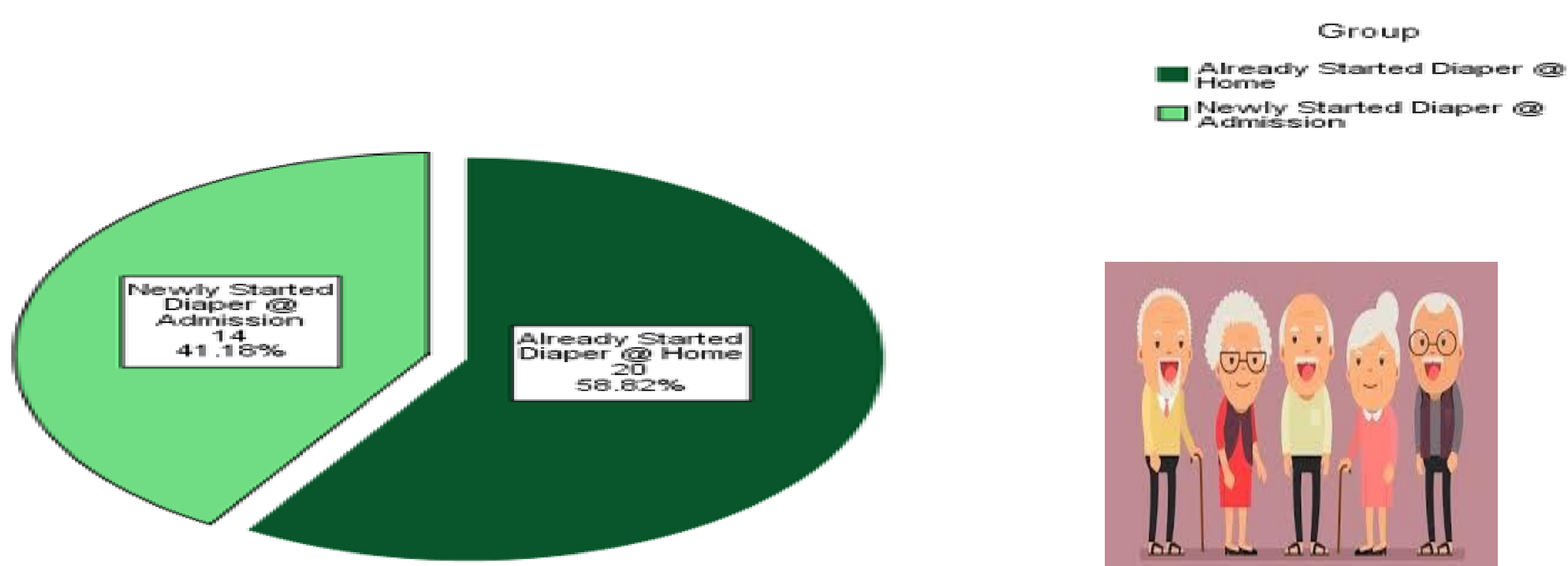
With the success of weaning off diapers :

- Increase mobilisation of patients to prevent further decline in function,
- No report of any skin breakdown associated with diaper use
- Reduce cost of having to buy diapers, wet-wipes, barrier cream
- Increase healthcare workers and caregiver's awareness on urinary incontinence, to advocate against inappropriate diaper use.

Future plans to spread and sustain the project to portray elder friendly hospital:

- Online education to be done annually for all nurses
- Ward supervisors to keep track of diaper use
- Reasons for diaper use to be written for issue of diapers for each new admission
- Plan of care to include weaning off diapers, including reason if unable to wean off
- To educate family/caregiver on urinary incontinence and assist in encouraging and potting patients Appoint a Continence/Geriatric Care Champion in each ward

(Geri) When did the patient start diaper?



## Aim

To wean off diaper use in elderly patients in an inpatient geriatric setting using a structured program



vs



## Methodology

- Focus on education related to urinary incontinence : In-house e-learning UI modules were developed
- Buy-in from ward supervisor and ensure all nurses read up the modules
- A structured workflow was developed to identify suitable candidate for a trial to wean off diapers
- The team also works with physiotherapist to identify candidates and ambulate patients
- Once all nurses, doctors and therapists were briefed, started identifying patient suitable to wean off diapers
- Data collection form was developed