Welcome to this months Bladder and Bowel UK Newsletter

Featured in this month’s newsletter

• Back to School, Drink More Water
• BBUK Education
  • Adult bowel education day feedback
• Symposium
• IBS Research
• Bowel Care Award 2018
• Other study days and conferences
• Corporate Partnership Opportunities
• Loo of the Month
Adequate fluid intake is important for maintaining health and wellbeing. Most school age children should have about one and a half litres of water per day with half of this during the school day. Children will need more than this if they are physically active, if the weather or classroom is hot, or if they are overweight.

Water is the best drink, as it does not contain any sugar or other additives. However, some children refuse to drink water. Things that may help include:

- Offer ice cold water
- Add very dilute sugar-free fruit squashes
- Do not offer children fizzy drinks, except as a rare treat. Fizzy drinks can upset the bladder causing the child to have to rush to the toilet or go to the toilet more often
- Do not give children drinks with caffeine in them. Caffeine can irritate the bladder
- Do not let children have more than 500mls (one pint) of milk per day. This can exacerbate or cause constipation

Other handy hints

- Make sure a water bottle is available every day and that the bottle returns home at the end of the day and offer them a small reward for drinking all of it
- Fill the water bottle and put it in the freezer overnight. The water will stay cold as it melts at school the next day.
- Ask the teacher to allow the children to use the toilet when they need to. This will encourage a child to drink.
- Do not encourage children to drink in the hour before they go to bed, as this may cause bedwetting or make it worse.
- If your child has a bladder or bowel problem, making sure they drink well during the day can help.
BBUK Bowel Education Day

The bowel education day in September has become a regular, well attended event in BBUK’s annual educational calendar. The day brings together a variety of health care professionals including Nurses, Specialist Nurses, Pelvic Floor Specialist Physiotherapists and Doctors to name but a few. Delegates attended from the local NW area and some attended from further afield including Cumbria, Surrey, Worcester, Derby and North Wales.

• The aim of the day, is to improve and support our standards of practice and knowledge and above all, continue (through learning and networking), enhance the care we deliver to the people we all see / come into contact with, who either have, or look after someone with bowel problems.
• BBUK are also supported at this event by many companies who exhibit, providing information, advice and updates on their products. We are very grateful to the companies for supporting Bladder and Bowel UK education events and it allows mutual networking / updating between clinicians and commercial colleagues.
• The exhibition provides delegates an opportunity to network looking at new products, reviewing current products and update knowledge on what is available to help treat and manage people with bowel and skin care problems.
• A final thank you goes to all the speakers who support this event and provide useful clinical updates to all and really make the event a success.
Review of the Lectures on the BBUK Bowel Education Day.

Karen Irwin, BBUK Service Manager/ Specialist Nurse welcomed everyone to Redbank House and introduced the day giving a short presentation, setting the scene for the day and also providing delegates with an update on BBUK and Disabled Living including an update on this years Disabled Livings 120 years celebrations.

The first speaker of the day was Domini Mullins, Advanced Surgical Care Practitioner at University Hospital South Manchester. Her presentation was on the “Role of the Advanced Practitioner in a Pelvic Floor Service”, with a focus on Sacral Nerve Stimulation for Faecal Incontinence.

Domini gave us a very informative outline of her service, including a pathway for management of faecal incontinence. She talked about her role within the SNS service as an advanced practitioner, seeing new / follow up patients, running programming and telephone clinics. She also has her own day case theatre – Implant SNS list and works in main theatres as a first assistant. In addition to the SNS service, Domini also works within the healthy bowel’ clinic along with colleagues in the wider pelvic Floor Service. Delegates welcomed this informative and talk along with the chance to see SNS equipment.
Sue Ryder Pelvic Floor Specialist Nurse Central Manchester University Hospital NHS Foundation Trust:

introduced her lecture by updating delegates that Central and South Manchester hospitals merged as of beginning of October, will be know as Manchester University NHS Foundation Trust (MFT).

Sue was invited to speak and share her expertise on “Constipation and Faecal Incontinence Management”. Her lecture detailed the importance of bowel assessment, what questions we should be asking patients, the use of charts/diaries and provided us with an overview on constipation, faecal incontinence and faecal impaction.

Throughout her presentation Sue, referred to a wide range of other relevant documents and references for delegates to access after the day.

Sue’s lecture also shared other interventions that may be offered, such as lifestyle, psychological factors, pharmacology, biofeedback, trans anal irrigation, PTNS, SNS and information on other containment products, including plugs and inserts for managing faecal incontinence and constipation. Her interactive lecture was well received.

Dr Winston F de Mello, Consultant in Pain Medicine, UHSM Honorary Senior Lecturer University of Manchester:

introduced his lecture by providing us with a really interesting account to his career and journey into being a pain specialist.

Dr deMello’s lecture went onto look at the background of Chronic Pelvic Pain and peripheral causes of CPP. His informative lecture took into account bladder pain syndrome and treatment, testicular pain and vulval pain. His lecture covered other treatment options and topical therapies in this specialist area of practice. He also talked about the importance of physiotherapy specialists within his service and detailing how their role within the service to help patients.

Dr deMello’s lecture also included information on psychotherapy, nerve blocks, surgery and other treatments. He finished his lecture talking about chronic rectal pain and pudendal neuropathy. A most informative lecture.
The final lecture of the day was delivered by

**Kate Walsh Specialist Physiotherapist, Women’s Health**

“Physiotherapy and the Therapeutic Management of Lower Bowel Dysfunction”

- Kate’s lecture provided delegates with history of the pelvic health physiotherapist, types of lower bowel dysfunction, anal/faecal incontinence and constipation. The presentation also included information on functional bowel disorders, aetiology, aims of treatment and treatment techniques and biofeedback including Neuromuscular electrical stimulation, Core training/functional exercise, Abdominal massage, Defaecation techniques, Establish bowel routine, Behavioural therapy, oral and rectal intervention, Dietary advice, Emotional and psychological support.

Kate’s stimulating lecture also included sharing case studies and clinical experiences which was welcomed among the group.

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**Date for your diary**

Next year’s Bowel Education Study Day

**Tuesday, 25 September 2018**

Redbank House, St Chad’s Street, Manchester, M8 8QA

We look forward to welcoming you next year to the Bowel Education event, please do contact us if there are any topics you wish us to include as we start preparation for next year’s programme.
Could this be for you?
• Do you suffer from Irritable Bowel Syndrome?
• Would you be interested in taking part in a Research Study?
• Males and Females age18+ welcome.

All volunteers will be compensated for their time

Please telephone the Neurogastroenterology Unit at Wythenshawe Hospital, Manchester on 0161 291 4188 / 4190 for further information on this research study.

Have you or your team been innovative and made a difference to the care of people with bowel problems?

Why not consider applying for the 2018 Bladder and Bowel UK Bowel Care Award?

Whether you finished your project within 2017 or are currently involved with a project that you think has potential, you may apply.

The winner will receive a cash prize and the opportunity to present their work at the Bladder and Bowel National Annual Continence Symposium on Thursday, 8 March 2018

This award aims to recognise any individual or team, working within the NHS or Independent Sector.

This award has been sponsored by Coloplast
Bladder and Bowel UK National Continence Symposium

Thursday, 8th March 2018

The 2018 educational programme will present the latest evidence based research and up to date clinical data.

• CPD
• Revalidation
• 4 hours of participatory learning
• Three education parallel streams: Bladder, Bowel, Children and Young People

Extensive Exhibition
A chance to update your knowledge of the latest products & equipment

Variety of Adult and Paediatric lectures
This one day will include a variety of continence topics, all delivered by experts in these fields.

Topics to include
• Male lower tract urinary symptoms and prostate cancer
• Pelvic floor assessment and treatment options
• Intermittent Self Catheterisation
• The law and the nurse
• Bowel assessment, treatment and Management in Adults
• Surgical Options for continence
• Developing a Poo Passport for children
• Children’s day time bladder problems
• Nocturnal enuresis in children with additional needs
• Bowel Award winner

Venue: USN Bolton Arena, Arena Approach, Horwich, Bolton BL6 6LB

Twitter: @BladderBowelUK Facebook: Bladder and Bowel UK

For further information and to request a booking form please contact Bladder and Bowel UK on 0161-607-8219

Booking Forms can also be found on our website. www.bladderandboweluk.co.uk
Kidz to Adultz North
Thursday 16th November 2017
EventCity, Barton Dock Road, Manchester, M17 8AS
9.30am - 4.30pm

A FREE event for children & young adults up to 25 years with disabilities and additional needs, their families, carers and all the professionals who support them.

Join in our Grand Finale Event - Proudly Celebrating 120 year’s of providing services!

150+ Exhibitors | FREE CPD Seminars | FREE Parking
FREE Entry | Equipment | Products | Funding | Services

WIN £250 worth of vouchers!
Register online & attend the event to be entered into the draw.
Winner announced December 2017.

Visitors can also register at the event.
For more information contact Disabled Living
Email: info@disabledliving.co.uk or Tel: 0161 607 8200
www.kidzexhibitions.co.uk

Sponsored by: Slater Gordon Lawyers
Organised by: Disabled Living

Kidz is a trademark registered to Disabled Living, Manchester. Established in 1897, Disabled Living, Charity registered with the Charity Commission for England and Wales. Registered Charity Number 224742
**Incontinence: The Engineering Challenge XI**

The Principal European Meeting in this Vital Area of Medical Engineering.

**28–29 November 2017**

**One Birdcage Walk, London**

Incontinence: The Engineering Challenge XI is theorized from where engineers, scientists, clinicians, associations, commercial designer and producers, nurses, care and users come together to address the issues raised by such a wide-impacting problem.

People with incontinence and caregivers will share their experiences and describe the incontinence management problems which are most important as well as the new solutions on improving technologies. Experts from outside the incontinence world will present technologies with the potential to start better incontinence technology.

This is the eleventh in a series of biennial events and, if you haven’t been before, you can get a feel for how they work by visiting the programmes for the last two (2016 and 2015).

Visit [www.imoch.org/incontinence](http://www.imoch.org/incontinence) and select the Programme tab.

**Spectators welcome—this is an excellent opportunity for you to contribute to the development of better products for your patients and to gain a deeper understanding of their needs and the contributions of the many disciplines involved.**

If you would like to find out more from a more personal contact, you can reach Margaret Mallick: [mmallick@btconnect.com](mailto:mmallick@btconnect.com).

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**Bladder and Bowel Service Study Day**

**CONTINENCE COUNTS!**

Tuesday 7 November 2017

**A fantastic opportunity to find out about the latest practice in continence, urology, urogynaecology and bowel care.**

At the study day will be guest speakers including consultants, physiotherapists and specialist nurses. Open to all health and social care professionals.

Hulme Hall, Port Sunlight, Wirral CH62 5DH.
Begins 9.00am and closes 4.00pm.

- Certificate for revalidation
- Exhibition stands
- FREE parking

For more information and to register email: continence.wirralct@nhs.net

**AC Association for Continence Advice**

**Driving Excellence in Bladder and Bowel Care**

**Save the Date**

**ACA Annual Conference 2018**

Monday 21st & Tuesday 22nd May 2018

Bournemouth International Centre, Bournemouth
The Directory has been created at the request of people who use Disabled Living as a resource, to identify companies or organisations who sell or provide equipment, products and services to support disabled children, adults and older people.

Access to the Supplier Directory is via the Disabled Living Website.

Throughout 2016 we have consulted with a wide range of people who use Disabled Living’s Supplier Directory – professionals, service users, commercial colleagues and third sector organisations. They told us how much they valued the Supplier Directory, so we have made it easier to navigate and search for equipment, products and services.

We have increased the number of words you can submit to describe your products and you can have separate wording for each category. You can list your equipment, products or services in up to five relevant categories.

Contact us to see how you can become part of our Supplier Directory.
Corporate Partnership

We are keen to continue working with our existing partners, who kindly support us here at Bladder and Bowel UK but would also welcome discussions for new partnership opportunities. If you or your company are interested please contact Andrea Greenfield

Email: bladderandboweluk@disabledliving.co.uk

Tel 0161 607 8219

Twitter & Social Media

As a charity, social media is a relatively new way of communication with our audience. However, we are now increasing our followers on Twitter, Facebook and LinkedIn. To keep up to speed with current events, articles and general tweets/articles...

Please connect with us!!

Loo of the Month..... Toilet in Leh-Ladakh Valley