

CSP2250 - Continence Product Reference Guide for Community Nursing

Purpose

This guide supports community nurses in selecting, recommending, and managing continence products for clients receiving care at home. It promotes comfort, hygiene, dignity, and safety, while supporting carers and families with practical tools and clinical insight.

1. Product Categories

Product Type	Description	Best For
Pads & Liners	Light to moderate absorbency. Male/female designs.	Stress or light urge incontinence
Pull-up Pants	Absorbent underwear-style for moderate incontinence.	Mobile clients seeking independence
All-in-One Slips/Briefs	High-absorbency, tab-fastening briefs.	Bedbound or high-care clients
Booster Pads	Used inside other products to increase absorbency.	Overnight or heavy output
Bed & Chair Protection	Disposable/washable underpads (e.g., Kylie sheets).	Bedridden clients or recliner users
Male Urinals / Sheaths	Condom-style sheath with drainage bag.	Males with functional mobility or bedbound
Catheters & Drainage Bags	Internal (IDC/SPC) and external bags. Prescribed.	Specialist clinical supervision required
Cleansing & Barrier Products	Wipes, barrier creams, gloves.	Skin protection and hygiene support

2. Product Selection Guidelines

- Conduct a continence assessment before recommending products.
- Consider mobility, cognitive function, skin condition, and environment.
- Respect dignity and independence in selection.
- Trial products may assist in finding best fit.

3. Clinical Best Practice

- Change products every 3–4 hours or when soiled.
- Apply barrier creams to reduce skin damage.
- Monitor for Incontinence-Associated Dermatitis (IAD).
- Document product use, skin condition, and feedback in care notes.
- Escalate to continence nurse if symptoms change or products are ineffective.

4. Continence Product Brands – Key Differences

Brand	Known For	Strengths	Considerations
TENA	Trusted, wide range	Comfortable, breathable, pharmacy access	Slightly higher cost
Caredry	Used in HCP environments	Affordable, bulk options	Fewer style choices
Depend	Supermarket/pharmacy brand	Easily accessible	Limited sizing
Seni	European, eco-conscious	Soft feel, gentle on skin	May require pre-order
iD	High-absorbency, long wear	Suitable for overnight use	Variable availability
Molicare	Medical-grade	Safe for fragile skin	Less common in home settings

5. Ordering Continence Products via ACareWA

To order continence products:

Email: admin@acarewa.com.au

Include:

- Client name & address
- My Aged Care referral code (if applicable)
- Product type & absorbency level - Preferred brand (if any)
- Quantity and delivery frequency - Any urgency or special instructions

Home Care Package funds can only be used with clinical justification. All orders must align with the client's care plan.

6. Funding Options

Client Type	Access Path
DVA Clients	Supplied via DVA Continence Scheme
HCP Clients	Funded through package, RN sign-off required
NDIS Participants	Covered under Core Supports or Consumables (if included in the plan)
CHSP Clients	May require self-funding or CHSP-supported access

7. Product Lifespan & Cost Guide (Estimates)

Product Type	Avg Cost	Use / Day	Monthly Cost (Est.)
Pads (light)	\$0.80–\$1.10	3–5	\$72 – \$165
Pull-ups	\$1.80–\$2.40	3–4	\$162 – \$288
All-in-one briefs	\$2.00–\$3.00	3–4	\$180 – \$360
Bed protectors	\$3.50–\$5.00	1/day	\$105 – \$150
Booster pads	\$0.50–\$1.00	1–2	\$30 – \$60

8. Continence Aids Payment Scheme (CAPS)

Some clients may be eligible for **CAPS**, an annual payment through Medicare to purchase continence aids.

Eligibility Criteria:

- Australian resident
- Diagnosed with permanent incontinence
- Application supported by a clinician

More info: www.health.gov.au

9. Waste Disposal Guidelines

- Most products go in **general waste** (non-infectious).
- Use sealed liners or scented bags.
- Some shires offer **clinical waste collection** – check local council services.

10. Client & Carer Education

- Educate on correct fit, change frequency, and disposal.
- Encourage client involvement where appropriate.
- Provide trial products where possible.
- Reassure that continence support is part of health care, not a failure.

11. Referral Triggers

Refer to a Continence Nurse Advisor if:

- Products are ineffective or overused
- Sudden change in continence pattern
- Frequent leaks, rashes, or skin breakdown
- Client or carer requests specialist support