

## Advanced Clinical/Practice Fellowships November 2005 Newsletter

### Developing Expertise in Continence Assessment and Management: The Rehabilitation and Complex Continuing Care Experience

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ACPF mentor Jennifer Skelly & fellow Barb Cassel at the IC5 Conference, Nov 2005

As an advanced practice nurse, who supported the development of enhanced nursing expertise and implementation of two RNAO best practice guidelines related to continence care, I was pleased to be awarded an RNAO Best Practice Guideline Implementation Fellowship (BPGIF). I developed enhanced clinical skills and knowledge working closely with my mentor, Dr. Jennifer Skelly, a nursing expert in continence management. Utilizing a project management approach and involving members of the Transdisciplinary team, I was the project lead on the development of guideline implementation plans for West Park Health Centre. The RNAO Toolkit was of great assistance in ensuring a systematic approach to guideline implementation. Continence education training modules were developed and piloted on the Functional Enhancement Service.

Through the fellowship and development of the sustainability plan, my objective was to lower the impact of incontinence and enhance the quality of our patient's lives, which was also an identified need within the organization. The Plan, Do, Study, Act (PDSA) improvement cycles support a gradual approach to change-one resident at a time-which is a major success factor in changing practice. PDSA cycles provide a good opportunity to determine what else is needed to make a change work. This was an effective approach to facilitate the implementation of Nursing Best Practice Guidelines. Outcome results of the fellowship will be assessed through a pre and post chart audit and will focus on the

number of patients who maintain bladder function and the team approach to the development of continence plans of care.

The fellowship was a great opportunity professionally. As part of the fellowship experience, I participated in IC5: Improving Continence Care in Complex Continuing Care, a collaborative for achieving breakthrough quality improvement, led by the Hospital Report Research Collaborative and sponsored by the Ontario Women's Health Council. I am also a member of the NCA (Nurse Continence Advisor) Advisory Panel for IC5, participating in the development of the Knowledge, Attitudes and Beliefs survey; the chart audit tool; the assessment tool; and the instructions for completing the assessment tool. Becoming a member of the Revision Panel for the RNAO BPG *Promoting Continence Using Prompted Voiding* and the RNAO BPG *Prevention of Constipation in Older Adults* provided me with the opportunity to develop the evaluation outcome indicators for both guidelines.

I continue to be the team leader for West Park's IC5 team. The IC5 collaborative is a great opportunity to enhance the use of quality improvement methodology expertise to help build capacity within the organization. I am also in the process of developing an evaluation proposal to evaluate the uptake of the changes in continence care including the impact of changes on process and outcome indicators and the determinants of improvement or success. The Fellowship experience greatly contributed to my many successes!