

How up-to-date is your Contenance Knowledge?

Please note: These answers generally apply to people with normal function and will vary for those on medications or with pre-existing health conditions affecting normal fluid balance, input and output. You should consult your General Practitioner before making changes to your diet or fluid intake. Prepared for Rural Northwest Health Contenance Service to promote understanding of everyday continence maintenance.

Question 1:

Which product sells more in Australia?

- Nappies for babies
- Contenance aids designed for adults



Question 2:

True or false? Bladder leakage is a lifelong problem and unable to be treated or cured

- True
- False

Question 3:

Which person has the condition known as “nocturia”?

- Babies requiring more than one nappy change overnight
- People who prefer to work in the afternoons and evenings
- People needing to get up through the night to urinate more than twice
- People who work night duty and find it difficult to sleep during the day



Question 4:

True or false: Lifting can cause incontinence

- True
- False

Question 5:

True or false: Coffee and tea should be added to the record of daily fluid intake

- True
- False

Question 6:

Which body systems function properly when we drink enough water?



Question 7:

Match the answers by drawing a line from your estimate of daily fluid loss:
How much fluid do you think is lost from the body on an average day for?



Function ----->	Average amount of daily fluid lost
Breathing	1500ml
Sweating	100ml
Urination (emptying bladder)	600ml
Faeces (emptying bowel)	300ml

Question 8:

Drinking less means you need to empty your bladder less often True or False



Question 9:

True or false: You need to exercise at least 10 hours per week to reduce too many night time visits to the toilet?

- True
 False

Question 10:

Incontinence affects how many Australians?

- 20% of the population
 5% of the population
 Only those who are heavy drinkers of alcohol
 Everybody aged over 75 years



Question 11:

Obesity reduces continence management.

My guess of how far the average person would need to walk to burn off the calories for:

1 glass of cider, wine or soda _____ km	1 thick slice watermelon _____ km
1 glass water _____ km	Half cup mixed raw vegetables _____ km
1 Mars Bar _____ km	1 cracker with cheese _____ km

Question 12:

Which problem is linked to the overuse of laxatives (medications used to relieve constipation and clear bowel blockage):

- Loss of muscle control in the legs causing "Louie the fly syndrome"
 Intermittent loss of throat muscle control
 Long term loss of muscle control in the bowel making constipation worse

Answers:

Please note: These answers generally apply to people with normal function and will vary for those on medications or with pre-existing health conditions affecting normal fluid balance, input and output. You should consult your General Practitioner before making changes to your diet or fluid intake.

This Continence Quiz has been prepared for Rural Northwest Health Continence Service to promote understanding of every day function affecting continence maintenance.

Question 1: More continence aids designed for adults are sold in Australia every year than baby nappies. The government has financial assistance schemes available for those assessed as eligible and requiring continence aids. *Source: Independence Australia.*



Question 2: False. Bladder leakage has many causes, most are treatable, most can be improved and some can be cured. *Source: Continence Foundation Australia.*

Question 3: Nocturia is the term used for people who need to get up to empty their bladder more than twice in a usual night time sleep pattern. *Source: Continence Foundation Australia.*

Question 4: People who experience stress incontinence can have bladder leakage when coughing, sneezing, laughing or lifting. Lifting heavy weights or straining can cause damage to back, core and pelvic floor muscles and contribute to or cause incontinence. Have your lifting technique assessed by a health or fitness professional before undertaking a new program. *Source: Continence Foundation Australia.*



Question 5: True. All liquids including ice cream, jelly and soups should be noted or recorded in daily fluid intake. However drinks containing caffeine and sugar such as in soft drinks or energy drinks (including those with sugar substitutes) can irritate the bladder increasing urgency, frequency and risk of urinary tract infections. Water is important to maintaining body and bladder health. Our bodies are comprised of approximately 60% water and daily loss must be replaced to maintain healthy function. *Source: Continence Foundation Australia*

Question 6: Fluid consumption assists the following functions in the body: breathing, digestion, absorption of nutrients, waste removal, kidney function, temperature control, blood pressure maintenance, electrolyte balance, tissue maintenance, cell regeneration, and many others. *Source: Continence Foundation Australia*

Question 7: How much fluid is lost from the body for function on an average day?

- Breathing 300ml
- Sweating 600ml
- Urination (bladder) 1500ml
- Faeces (bowel movements) 100ml

Question 8: False. Drinking inadequate amounts of water irritates the bladder and leads to more frequent urination, increased urgency to urinate and risk of urinary tract infections.

Source: *Continence Foundation Australia.*

Question 9: False. Around 1 hour of exercise per week including strengthening of pelvic floor muscles works towards reducing the severity of nocturia (nightly toilet visits). Source: *Continence Foundation Australia.*

Question 10:

Almost 20% of the Australian population is currently experiencing some form of incontinence.

This covers all ages from childhood to elderly although 70% of those affected are female and it is estimated that 50% of women aged from 45-59 are currently incontinent.

Source: *Continence Foundation Australia.*

Question 11:

Approximate energy in calories and distance required for the average person to walk are:

Glass of cider or wine – 120 calories, 1.9km walking

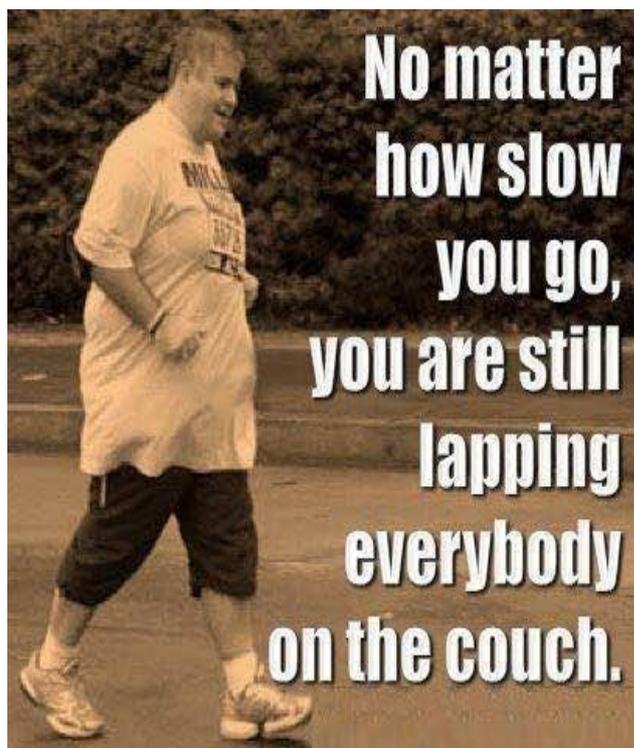
Watermelon thick slice – 86 calories, 1.4km walking (watermelon also contains fibre and vitamins and is a good source of fluid for young and old, especially in hot weather)

Water – 0 calories, helps to keep you walking!

Half cup of mixed raw vegetables – 25 calories, 0.4km walking

Mars Bar – 229 calories, 3.6km walking

1 dry cracker with cheese – 70 calories, 1.1km walking



Question 12: Continuous or long term use of laxatives affects the muscles of the bowel reducing movement and function (motility) and contributing to long-term constipation, diarrhoea and faecal incontinence. Source: *Continence Foundation Australia.*

Assistance is available from your local Continence Nurse, Community Health Service or general practitioner if you require information to maintain your continence, financial assistance for ongoing continence aids or to help you care for someone with incontinence.



RNH Continence Service phone 5396 1238 or freecall 1800 667 301 continence.nurse@rnh.net.au

Info sources: Continence Foundation of Australia 1800 33 00 66 <http://www.continence.org.au/>

Independence Australia www.independenceaustralia.com