

What is the Continence Clinic?

Continence is the ability to control bowel and bladder function.

Problems occur for many reasons and can affect men and women of all ages.

The Swan Hill District Health Continence Clinic is a team of health professionals who promote excellence in the assessment and management of any type of bladder or bowel problem.

The team consists of:

- * Continence Nurse
- * Pelvic Floor/Continence Physiotherapist
- * Liaison with Medical Specialists as required

Assistance is available no matter how long the symptoms have been present or how minor they may seem.

What does the Continence Clinic offer?

The continence service offers many services, including:

- * Assessment and investigation
- * Conservative management and strategies, including:
 - Bladder retraining
 - Pelvic floor muscle rehabilitation
 - Bowel / constipation management
 - Toileting programs
 - Management of bed wetting
- * Education and advice about:
 - Urinary catheter management
 - Condom drainage
 - Continence pads, other aids and appliances
- * Assistance and advice about how to access funding subsidies and referrals to specialists as required.

Who can attend the clinic?

- * Women and Men with :
 - bladder leakage
 - bladder frequency and urgency
 - bed wetting problems
 - frequency at night
 - bowel leakage
 - constipation
- * Children, from 5 years of age, with:
 - Bedwetting
 - Day Wetting
 - Soiling
 - Constipation
- * People with disabilities as a result of:
 - diabetes
 - arthritis
 - stroke
 - Parkinson's Disease
 - or other disabling condition.

Referrals are welcomed from Doctors, community services, case managers and other health professionals. You can also self-refer.

Why Physiotherapy for Pelvic Floor Rehabilitation?

The pelvic floor muscles are some of the most important and hard-working muscles in our bodies but because they are hidden from view, they are often forgotten.

These muscles support and control the bladder and bowel and play a role in sexual function.

Evidence shows that pelvic floor muscle rehabilitation is optimally achieved through individualised assessment and treatment under the guidance of a trained Physiotherapist.

Our Physiotherapist has completed a Postgraduate Certificate in Pelvic Floor Physiotherapy from the University of Melbourne.

Our consulting room provides a comfortable, private environment where the Physiotherapist can adequately and effectively assess and treat your pelvic floor individually.

We are committed to a team approach with medical care givers.

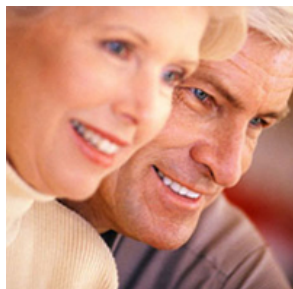
Accessing the Continence Clinic

GP Referral for children required.
Children under 5 years of age are not eligible to attend this service.

No referral for adults is necessary although referrals from medical practitioners and results of relevant testing is welcomed.

Please note, there is a waitlist for our service.

Cost: \$10.00 concession
 \$15.00 no concession



For more information contact:
Community Rehabilitation Centre
Corner of McRae & Splatt St
Swan Hill District Health
Swan Hill, 3585
p—(03) 5033 9321
8.00am-4.30pm
www.shdh.org.au

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Swan Hill District Health Continence Clinic



Dedicated to improving the
quality of life of men,
women and children with
bladder and bowel
problems

*Helping You to Improve
the Quality of Your Life*



**Swan Hill
District Health**
my hospital