

Tower Hamlets Community Continence Service

May I use this opportunity to introduce myself? And tell you about our service. My name is Chiny Ejiogu and I am one of the continence specialist nurses in Tower Hamlets working with East London Foundation NHS Trust

Our Service provides continence care directly by members of the Continence Care Team and indirectly through a multi-disciplinary team (predominantly community nursing) as well as provide education to patients, relatives, carers and health care professionals. We provide skilled level assessment, treatment and advice tailored to individual patient's needs to achieve their goals and to maintain or regain continence or to manage bladder/bowel dysfunction where the problem is intractable. We also provide individual assessment to develop a graduated treatment plan so as to maximise patient potential in achieving agreed goals.

Service delivery is based on assessed continence care needs with episodes of treatments being focused on the resolution of symptoms and discharge. Individuals will be encouraged to take ownership of their bladder and bowel health and are given education, support and advice accordingly.

Treatment and management options including:

- Pelvic floor Muscle exercises
- Bladder retraining
- Lifestyle changes
- Dietary advice
- Bowel management
- Continence device provision
- Containment product provision
- Intermittent catheterisation
- Bladder-scanning

Referral: Self-referral, healthcare professionals and allied healthcare professionals

For more information contact us below:

Tel: 0207 771 5795

Email: elft.th.continence.service@nhs.net