Management options available

Advice on:
- Bed/chair protection
- Absorbent products (washable and disposable)
- Aids to daily living
- NHS supply of absorbent products

Opening Times
The Adult Bladder and Bowel Care Service can be contacted 08:30am-16:30pm Monday-Friday (excluding Bank Holidays)

Referrals
Referrals to the Adult Bladder and Bowel Care Service can be made by any
- GP
- Consultant
- Community Nurse
- Hospital Consultant
- Other Healthcare Professional (physiotherapy etc.)

A referral form can be downloaded from our website by visiting:
http://www.hertschs.nhs.uk/services/adult/Adult_Bladder_Bowel_Care/For_Healthcare_Professionals.aspx
and sent by post or fax to:
Adult Bladder & Bowel Care Service
Park Drive Health Centre
Park Drive
Baldock
SG7 6EN
Phone: 01462 492502
Fax: 01462 491052
Hertfordshire Community NHS Trust: Adult Bladder & Bowel Care Service offers confidential, conservative treatments along with advice and support for both male & female adults experiencing bladder and/or bowel problems and who are living or registered with a GP in Hertfordshire.

About Us
We are a team of specialist nurses with advanced knowledge in the assessment and treatment of bladder & bowel problems and we provide clinics throughout Hertfordshire. We offer a telephone advice line and also carry out home visits to elderly and disabled patients who have difficulty attending a clinic.

The service provides:
- Evidence based advice and support to patients with continence problems.
- Assessment, diagnosis, management and treatment of those with bladder and bowel dysfunction.
- Local access clinics for men and women with continence problems.
- Provide a holistic assessment and recommendation for GP’s to treat, following NICE guidelines.
- Provide or refer for appropriate treatment and/or management of patients.
- The service is dedicated to provide a consistent and integrated service across Hertfordshire.

We will work with the patient, carers and other healthcare staff to provide support, advice, treatment, recommendations and management options for bladder & bowel problems.

Our Service

Nurse-Led Community Clinics:
- Flowmetry/bladder scan clinics (for prostate problems / outflow obstruction)
- Pelvic floor assessment clinics
- Pelvic floor treatment clinics (Biofeedback)
- General continence clinics (bladder, bowel & catheter problems)
- Specialist Nurse Appliance fitting (body worn appliances)
- Telephone advice line
- Home visits to frail elderly & disabled clients
- Residential Home visits and support

Continence Education & Training:
- For healthcare professionals, carers and the general public.
- Training sessions can be accessed via the Learning & Development Department of Hertfordshire Community NHS Trust.
- Producing local policies, guidelines and procedures for bowel, bladder and catheter care.

What Treatments are available?
- Bladder training
- Pelvic floor exercises
- Lifestyle changes (weight, fluid intake, diet etc.)
- Medication
- Biofeedback
- Teaching Intermittent self-catheterisation & stricture dilation
- Advice on indwelling catheter problems
- Teaching Bowel Irrigation (i.e. Peristeen)

www.hertschs.nhs.uk