

ABOUT US

**Our Vision: Speaking Up
for Continence Health.**

**Our Mission: Awareness,
Prevention and Treatment**

Our Team

- Continence Nurse Specialists
- Continence and Pelvic Health Physiotherapists
- Occupational Therapists

We offer

PROFESSIONAL DEVELOPMENT AND TRAINING

- State wide and further (travel fees apply or Virtual options available)
- We have a variety of standardised training packages
- We tailor education packages for specific needs and groups
- We regularly provide training to:
 - Nursing and Allied Health
 - Early Childhood Intervention Workers
 - Education Providers
 - Medical Practitioners
 - Fitness Professionals
 - Residential Aged Care Facilities

COMMUNITY EDUCATION SESSIONS

CONTACT US FOR MORE INFORMATION
1300 220 871
info@continencevictoria.org.au

VCRC PROFESSIONAL DEVELOPMENT COURSES

**For Health Professionals, Education
Providers and Fitness Professionals**



**VICTORIAN CONTINENCE
RESOURCE CENTRE**

16 Martin Street Heidelberg Victoria, 3084

P: (03) 9816 8266

E: info@continencevictoria.org.au
continencevictoria.org.au

  P Street News  Below The Belt Patrol

#StartTheConversationToday



goagainsttheflow.org.au

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Victorian Government under DHHS/CCA.



**VICTORIAN CONTINENCE
RESOURCE CENTRE**

**Start The
Conversation
Today**

ALL VCRC EDUCATION PROGRAMS INCLUDE USE OF VISUAL AIDS AND INTERACTIVE ACTIVITIES.

VCRC Catheterisation Workshop

DURATION: 5 HOURS

Can be tailored to your organisational needs to include male and/or female indwelling, urethral & suprapubic catheterisation. Program attracts 5 Professional Development hours.

LEARNING OUTCOMES:

- 1) Define the structures of the male and female lower urinary tract
- 2) Describe the clinical indications, contraindications and nursing care for urethral catheterisation
- 3) Gain an understanding of the range of catheters and drainage accessories available and where to access them
- 4) Demonstrate the ability to perform a male and/or female indwelling, urethral and suprapubic catheterization on a manikin – competency.

VCRC Toilet Coaching Workshop Series

DURATION: 5 HOURS

Workshop is for professionals working with families and children with additional needs. Attracts 5 Professional Development hours.

THE WORKSHOP COVERS:

- Milestones in bladder and bowel development
- Withholding behaviour and cycles
- Addressing additional sensory & behavioural needs
- Case Studies
- Interactive problem solving workshop

Best Practice Continence Management: 1) Bladder 2) Bowels

DURATION: 1 HOUR FOR EITHER PRESENTATION

- 1) Participants learn about the anatomy and physiology of the lower urinary tract including the signs and symptoms of prolapse, types of urinary incontinence, best practice assessment and management of urinary incontinence.
- 2) Participants learn about the anatomy of the lower gastrointestinal tract, conditions that affect normal bowel function, the impact that diet and medication play in bowel function and causes of faecal incontinence.

Dementia & Incontinence

DURATION: 1 HOUR

Does a diagnosis of Dementia and incontinence always go hand in hand? This presentation explores the steps of toileting and what areas of the brain they are initiated in. It provides strategies to help overcome missing toileting steps and challenging toileting behaviours. It also explores the differences between Dementia and Delirium and their causes.

Incontinence Associated Dermatitis

DURATION: 1 HOUR

Presentation covers skin structure and how incontinence affects it. We discuss hygiene of the perineal area, causes of incontinence associated dermatitis, best practice treatment and most importantly prevention strategies.

Catheter Care

DURATION: 1 HOUR

Presentation will look at the key anatomical structures of the male and female lower urinary tract. We will discuss the difference between catheterisation modes, and why catheters are needed. It also covers best practice guidelines for the care of a person with a catheter and managing complications.

Water for Wellbeing

DURATION: 1 HOUR

Presentation discusses the important role water plays in the body, how to encourage fluid intake, recommendations for hydration and why the elderly are at risk of dehydration. Simple charting and recognising risk factors for inadequate hydration will also be covered.

Caring for the Carer

DURATION: 1 HOUR

Presented by our Pelvic Health and Continence physiotherapist with post graduate qualifications in pelvic floor rehabilitation. Presentation provides preventative pelvic health strategies for those working at the frontline of healthcare. Participants will have the opportunity to understand and practice pelvic floor muscle exercises.

WE CAN TAILOR SPECIAL EDUCATION PACKAGES FOR SPECIFIC NEEDS, GROUPS AND PROFESSIONS.

VCRC FITNESS PROFESSIONALS WORKSHOP

The Pelvic Floor, Core & more

DURATION: 2 HOURS

Presented by our Pelvic Health and Continence physiotherapist with post graduate qualifications in pelvic floor rehabilitation. For fitness professionals, group fitness instructors and anyone working in the fitness industry. Enquire about PDP and CEC points available.

LEARNING OUTCOMES

- identify people with, or at risk of, pelvic floor problems
- cue activation of the pelvic floor and core muscles
- incorporate PFM activation into an exercise program
- distinguish between appropriate and risky exercises

VCRC Fussy Eating Workshop for children – Developing skills and motivation for eating

DURATION: 2 HOURS

Presented by our Paediatric Occupational Therapist. Ideal for professionals working with families and children including those with additional behavioural and sensory needs.

THIS WORKSHOP COVERS:

- Developmental milestones & capabilities
- Techniques for introducing new foods
- Ergonomic & environmental setup
- Addressing fine and gross motor skills
- Cognitive strategies for making food fun

Advanced Practice Skill Workshops

Visit continencevictoria.org.au/events or call us for more information.

Presented by our Nurse Continence Specialist & Pelvic Health Physiotherapist with expertise in the field of Continence Education.

- 1) Advanced Practice Skills for Pelvic Floor Examination for Registered Div 1 Nurses.
- 2) Advanced Practice Skills in management & insertion of Vaginal Pessaries for Registered Div 1 Nurses

Other suitably qualified health professionals please contact us for more information.