



Beverley's story

Name of service:

Continence Advisory Service - a team of specialist clinicians who assess and advise on bladder, bowel, pelvic floor and vaginal health. The team supports other health professionals giving them advice about continence care and catheter management.

What happened:

Beverley was referred to the service because of a urinary continence problem. **"If I leant over, like when I was brushing my teeth, I would have dribbling. Also, I would have urinary flooding - when I was on the toilet, it would rush out in an uncontrolled, unusual way."** Beverley admits that she was quite dismissive that pelvic floor exercises would help, **"as I had done them for years. But when Chantelle checked me, I wasn't doing them right."** Beverley has been taught how to do the exercises properly and this includes both slow and quick repetitions. It was also found that Beverley wasn't taking enough time to void properly when she went to the toilet and has been advised to fully empty her bladder. She has also been advised to keep fully hydrated.

Feedback:

"Chantelle was lovely. Very friendly and she helped make the experience not stressful. I'm really grateful for that. It's all really improved."

Beverley spoke with Jo Vaughan from Locala's Engagement Team and gives full consent to share her story.