

Community Continence Assessment Team (CCAT)



Information for patients Continence Service

Who do we assess and treat?

Welcome to Sheffield's Community Continence Assessment Service. We do assessments for patients in their own homes who are housebound and not seen by a District Nurse Team.

What do we assess and treat?

We can help with a range of issues including:

- Bladder problems
- Bowel problems
- Vaginal prolapse

At least 35,000 people in Sheffield have these problems.

1 in 4 women and 1 in 20 men will suffer with incontinence at some point in their life.

Bladder problems can include:

- Frequently needing to empty your bladder
- Finding you get an overwhelming desire to empty your bladder
- Leaking urine before getting to the toilet
- Wetting the bed at night
- Leaking urine with cough, sneeze, or exercise
- Memory problems which cause you to forget to access the toilet

Bowel problems can include:

- Constipation
- Bowel urgency
- Not making it to the toilet in time and losing control of your bowels
- Difficulty in emptying your bowels

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What can we do to help?

We can give advice, support and active treatment to solve or improve these problems.

When needed we will arrange disposable or washable products or other products that will help manage your bladder and bowel.

Would you like an appointment?

Make an appointment with your GP or practice nurse in the first instance and they will rule out any underlying conditions that the GP can treat, such as urinary tract infection. Your GP or practice nurse will examine you, test your urine and may offer you some advice. Then they will refer you to the service if they feel this would help you.

How will I know when my appointment will be?

We will send you an appointment through the post. You can expect a visit between the hours of 9.00am and 3.30pm. The first visit will last about an hour. This can vary as some patients may require more time than others. Because of this we are unable to offer a specified time. If this is difficult for you and you need to talk to someone about this, please contact us on **0114 271 3248** and we will be happy to explain this further.

What will happen at the first appointment?

The female continence nurse will ask you about the problems you are experiencing. We will also want to know about your general health and any medications you are taking. If you are in agreement, the nurse will do a visual check of your skin and genitalia in order to help complete the assessment. After the assessment, they will discuss what they have found and agree a treatment plan with you.

Will I need to provide anything for the first visit?

Yes, it would be helpful if you could provide a current list of your medication.

What happens next?

A member of our community continence assessment team will assess you at least once a year to see whether any other treatments are needed and to make sure your products are working. They will ask you questions about your general health and whether you feel you are still managing your bladder and bowel well. They will assess to see if your needs have changed.

How do I contact you?

- **0114 271 3248**
Monday to Friday, 8.00am - 4.00pm



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