

Continence and Urology Nurse Practitioner Service

Telephone: 9431 2087 (for Continence) or 9431 2218 (for Urology Nurse Practitioner)

'GP Hotline': Page the Continence Adviser or Nurse Practitioner through Switchboard 9431 3333

Services


The aim of the continence service is to provide support and assistance to patients (and their families/carers) who suffer from urinary or faecal incontinence, urinary retention, constipation, enuresis or encopresis. This can be a devastating problem for some however there is always something that can be done with studies show that over 70% of patients can significantly benefit from very simple interventions.

There is close liaison with Geriatric Services and Urology Services and other services as indicated. There are two options for referral to Fremantle Hospital services:

1. Fremantle Hospital Continence Clinic – appropriate for all clients. All referrals are triaged to the most appropriate service within Fremantle Hospital or to specialist services at other South Metropolitan sites that may be closer to home for the client.
2. You can also refer direct to the Geriatric Medicine Moss Street Centre Continence Clinic – appropriate for clients that : are over 65yrs, frail and aged, DVA, have Parkinson's Disease (any age)

The Continence Service offers:

- Assessment and plan of care
- Conservative management
- Education regarding good bladder habits - fluids, diet, lifestyle changes
- Pelvic muscle exercises
- Bladder drill and deferment techniques
- Teaching intermittent self-catheterisation, IDC care, self dilatation etc
- Bowel assessment and appropriate management
- Information on aids and appliances, samples and eligibility for available continence assistance scheme
- Video-urodynamics
- Triage as required to appropriate specialist service (eg. Urology, Gynaecology, Colorectal, Physiotherapy, Dietetics)

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Patients may also self-refer/be referred by relatives.

The Urology Nurse Practitioner Service offers:

- Haematuria Clinic
- LUTS Clinic
- Pre and post TURP and Radical Prostatectomy surgery education
- Post urological procedure follow up
- Flexible cystoscopies
- Bladder tumour surveillance
- Triage as required to appropriate specialist service (eg. Urology, Gynaecology, Colorectal, Physiotherapy, Dietetics)

Patients may also self-refer/be referred by relatives however referral from GP is preferable.

Referral

Routine General Referral:


Priority 1-3 (i.e. within 30-365 days) must be sent via mail addressed to:
Outpatient Central Receiving Office
B10 Fremantle Hospital and Health Service
PO Box 480
Fremantle WA 6959

[Teaching Hospital Outpatient Referral Form](#) preferred;
To order a hard copy referral pad fax request to Fax **9431 2009**

Urgent: Priority '0': If your clinical assessment of the patient is they require review ASAP in a specialist clinic you need to **first discuss this with the Nurse Practitioner** via switchboard on **9431 3333** and then Fax the referral, clearly marked **URGENT** and **stating the name of the Nurse Practitioner you have spoken to** with any attached reports to Fax **9431 2009**. Please ensure that the Fax header clearly identifies

- patient name;
- clinic referred to;
- appointment date; and
- total number of pages.

The Registrar may also request a referral be faxed directly to the clinic if your patient will be attending within 48 hours. Please also send the original by post marked with **FAXED** including date that it was faxed.

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