

7th Global Forum on Incontinence

Driving outcomes in continence care, creating a win-win for patients, carers and health systems

17-18 April, Rome, Italy

Bevar venligst layout og fonttype og følg skabelonens opbygning. Resuméet af dit bedste praksis tiltag skal være kort og præcist og må ikke overskride 400 ord (excl. referencer).

Information om projektansvarlig:

Projektansvarlig (Efternavn, Fornavn)	Organisation (Organisation, By, Land)	E-mail
Terkelsen, Susanne	Municipality of Esbjerg, Denmark	suter@esbjergkommune.dk

RESUMÉ TIL E-POSTER PRÆSENTATION

KATEGORI 1 - "Good continence care policies, practices and procurement"

The Esbjerg-model supports waterproof and sustainable results

Brug nedenstående struktur til at beskrive dit projekt. Punkt 1-4 skal udfyldes:

1. Målsætninger; beskriv 'den gode lokale praksis' som var målet for tiltaget.

In 2013, Esbjerg Municipality established an incontinence-project to support citizens who experienced the first symptoms on incontinence before developing in to a chronic condition. Supported with high professional interdisciplinary expertise and gender-segregated group-based pelvic floor exercise-program. The aim was to see, if the municipality could deliver a professional effort in prevention of incontinence with effects on symptoms-decrease and Quality of Life. The citizens were recruited through advertising in the local newspaper.

A NEW FIELD OF ACTION AND FOCUS

The incontinence-project was established within the Health Centers in the municipality, where the mind-set of The Esbjerg-model at that time had been implemented. The Esbjerg-model is a new culture and mindset based on a generic ICF code set, user-involvement and empowerment. The ICF-code on urination functions (b620) was during the incontinence-project included in the ICF code set, with is the fundament of the Esbjerg-model. After this we realized, that about 80% of our citizens in the patient prevention and rehabilitation programs had symptoms of incontinence. Before there was none!

2. Implementering; hvad kom der ud af tiltaget/ hvad er de målbare resultater?

- An internal report concludes that there is significant results on the pelvic exercise treatment on the target group:
 - 71% experienced increased quality of life,
 - Decrease in influence on night sleep (baseline 68%; follow up 46%)
 - Reduced sexual intercourse (baseline 58%; follow up 37%)
 - Avoiding recreational activities (baseline 52%; follow up 31%)
 - Reduced mental health related to incontinence problems (baseline 42; follow up 17%)
- The project showed sustainable results, so it was decided to implement prevention of incontinence in to the Health Centers in Esbjerg municipality.

7th Global Forum on Incontinence

Driving outcomes in continence care, creating a win-win for patients, carers and health systems

17-18 April, Rome, Italy

- The provider of containment products in Esbjerg Municipality could show a decreasing number of grants 2014, 2015 and 2016.
- There is now a continuous flow of citizen recruited from professionals inside the system and by mouth to mouth.

3. Evaluering; hvordan skaber det værdi OG for hvem?

The results gives value on more levels – individual (micro), organizational (meso) and society (macro) level

4. Adgang til dokumentation/ information om tiltaget via en offentlig kilde: (Oplys venligst reference eller internetlink)

The Client-Centric Coordination – model (The Esbjerg-model), Municipality of Esbjerg, Health & Care, June 2013, ISBN: 978-87-996385-0-5

<https://dinsundhed.esbjergkommune.dk/om-sundhed/arrangementer/tidligere-arrangementer/model-for-koordination-med-borgeren-i-centrum.aspx>

ICF based tool for describing overall health and rehabilitation needs in patients and citizens with chronic conditions, MarselisborgCentret and Esbjerg Municipality 2014
<https://bibliotek.dk/da/work/870970-basis:52107911> (Danish only)

Esbjerg Municipality succeeds in treating incontinence. Kaj has success with pelvic floor exercises, newspaper article, Nov. 2016. (Danish only)

<http://esbjerg.lokalavisen.dk/gode-resultater-esbjerg-har-succes-med-at-behandle-inkontinens-/20161123/artikler/711229232/2015>

Development and Translation of ICF-based questionnaire into English and Dutch, DEFACTUM august 2016.

http://www.marselisborgcentret.dk/fileadmin/filer/ICF/SUMMARY_Development_and_translation_of_an_ICF-based_questionnaire_Municipality_of_Esbjerg_-_samlet_fil_07102016.pdf

Count on Esbjerg – Esbjerg-model creates successful user involvement by VIVE, September 2017

<https://vive.dk/2017/09/esbjerg-model-skaber-succesfuld-borgerinddragelse/>

5. Skalérbarhed og videns udveksling; på hvilke andre områder/ i hvilke andre lande tror du, at dette kan bruges? (Ikke-obligatorisk at udfylde)

The effects on user-involvement are exponential and a win-win for society. In the field of prevention of incontinence there is a growing understanding, that we have to focus on how we can make people feeling confident to open up for misunderstood taboos regarding symptoms of incontinence.

For at få dit tiltag præsenteret på det 7. GFI og/eller i dansk kontekst, skal først den danske og så den internationale jury vurderer om dit resumé lever op til retningslinjer og regler for ansøgning. Læs mere om disse regler i invitationen til at ansøge. Hvis beskrivelsen i et eller flere af punkterne 1-4 findes 'ikke tilfredsstillende' vil resuméet ikke blive accepteret.