



Continence Care newsletter

For healthcare professionals

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care



MAKING THE MOST OF YOUR ISC TRAINING SESSION

Effective training is critical to help patients adhere to intermittent self-catheterisation (ISC). To deliver that kind of training, there are at least three things you should consider.

The classical training challenges

First, there's the challenge of time. Typically, you have very little time to cover all training topics thoroughly.

Second, there's the issue of complexity. In a training session, you have to introduce a range of complex as well as sensitive topics – some of which the patient may not be familiar with or comfortable talking about.

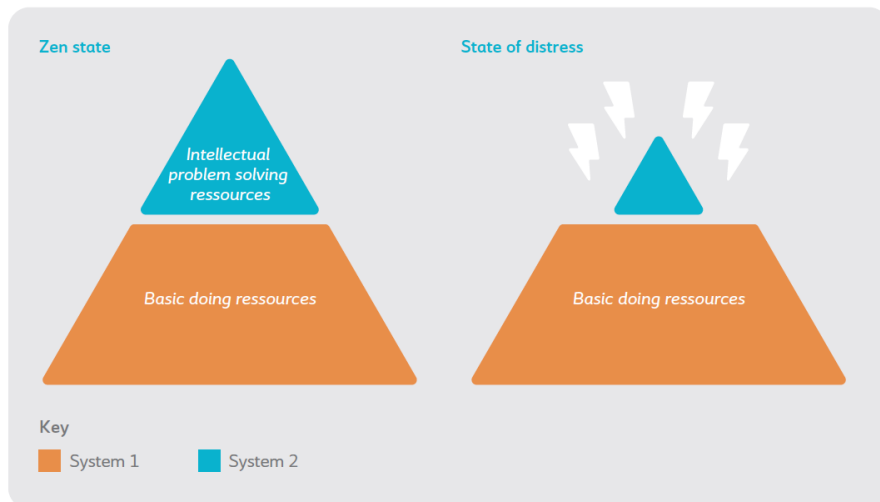
The third critical factor that makes optimal training a challenge is the patient's state of mind at the time the training is delivered. Let's examine this factor more closely.



We all know how external stress factors can negatively impact our ability to take in new information and acquire new skills. And we would be hard-pressed to find a more stressful external factor than a life-altering injury or illness, which is the situation for many of the patient's who have to learn ISC.

A basic illustration of how our brain works¹

How the brain works in an ideal situation and under pressure²



The area in orange, called 'System 1', is the part of our brain we use for daily activities and intuition. This would include tasks we perform everyday as a matter of routine, such as shopping, cycling or driving a car.

The area in blue, called 'System 2', is the part of our brain we use for intellectually demanding exercises, like advanced problem solving, playing chess or filling out tax forms. Acquiring new skills requires both areas of the brain¹.

Stress makes learning difficult

When we are in the 'zen' state – our ideal state of mind – the 'System 1' and 'System 2' areas of our brain are in perfect balance. However, our 'System 2' is somewhat fragile. The least bit of stress, even just from multi-tasking, will disturb it and diminish its capacity.

When patients are coping with an injury, getting to grips with a new condition, or experiencing pain, their 'System 2' is significantly compromised – which means they will be less able to take in and process new information^{1,2}. This explains why patients in a state of distress are less receptive to new information – and, in turn, why running an effective ISC training session with them in this state can be challenging.

TRAINING TIPS

For tips on how to help patients be more receptive to training by addressing their state of mind, see Contenance Life Study Review 2017/18, Chapter 2 "Getting patients on the road to acceptance"

¹ Kahneman D, Thinking, Fast and Slow, Farrar, Straus and Giroux, 2011

² Coloplast_Symposium_ISCoS_2016
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