

A Decade in the Making: Development of a comprehensive, nurse led, community based, Children and Young People's Continence service across West Sussex.

Background:

The Sussex Community NHS Foundation Trust Children's Continence Service was established in 2007 with two community based clinics – a constipation clinic led by a registered nurse (adult) and a continence clinic led by a registered school nurse. The service was funded by the Primary Care Trust and managed within the Healthy Child Programme,

By October 2008, a merger of local PCTs highlighted the inequity of service provision across the county, so additional funding was secured to enable the recruitment of a third registered nurse followed by administrative support. .

A service review in 2009 against best practice guidelines identified a gap in service provision for toilet training. A business case was made to improve long term outcomes and quality of life for children and their families and reduce spend on product provision. This led to the commissioning and recruitment of nursery nurses to support development of toileting skills for those with additional needs. Further commissioning to deliver the four domains of a Children's Continence Service was secured with the addition of nurse-led enuresis and specialist continence clinics.

In 2015, organisational re-structuring led to the Children's Continence Service relocating to become part of the Children and Young People's (CYP) Community Nursing Service. This offered an enhanced clinical focus, new governance opportunities and more effective partnership working with CYP community nurses. Specific, focused leaderships support from the CYP Community Matron helped develop the service and raise its profile within the Trust. The caseload continued to rise with approximately 2500 CYP active within the service. Using the Paediatric Continence Forum (PCF) Commissioning Guide (2014) the need for further registered nurses was successfully articulated.

In 2016, a caseload analysis was undertaken to determine how best to manage rising demands. A significant proportion of CYP met the criteria for Tier/Level 1 intervention. Pathways for the provision of Tier/Level 1 support were developed in collaboration with the Healthy Child Programme (HCP) and to enable HCP to deliver this Tier 1 intervention successfully a structured, on-going training plan was created, with significant initial support from the Children's Continence Team.

A further service development was a project around enuresis alarms. Non return of alarms on loan was causing a significant waiting lists, with a time delay that reduced the child and family's motivation and often required further intervention for support. A cost/benefit analysis was undertaken and a decision made to pilot a change of alarm to single patient units provided at time of assessment. This has subsequently been recognised as a significant quality improvement, winning awards both within our Trust and nationally as Winner of Bladder and Bowel UK's National Enuresis Award 2018.

Current service delivery

The CYP Continence Service is a community-based, nurse-led specialist Tier/Level 2 service. There is a skill mix of registered nurses, associate practitioners and skilled administrators with leadership from CYP Community Nursing. The service has expanded from 0.35 WTE in 2007 to 12.5 WTE today. Feedback is obtained from family and friends test and a service questionnaire. Audit of the service is undertaken using NICE guidance Quality Standards, electronic patient records within the service and benchmarking against other services

The Continence Service has good care pathways to Level/Tier 1 and Level 3 services.

