



What is Incontinence?

When babies are born, they cannot even keep their head straight up; their neck muscles are so weak. Babies are fragile and they need certain care in order to help them grow into a child then into an adult. Parents take turns looking after the baby- feeding it, rocking it to sleep, and changing its diaper- a task usually done with a scrunched nose and a smile.

It isn't hard to know when a baby needs changing. Either they start acting different than the angel they are or the parent or adult just touches the diaper to feel if it is wet or heavy.

The word families might hear from their family doctor is "incontinence:" the inability to hold bodily wastes. Just like their heads, babies can also not control the removal of wastes from their bodies.

All of us don't remember this time of incontinence products and having loved ones look after us in such a manner. Many of us do know the feeling of being the loved one taking care of the baby, and for some, taking care of elderly individuals such as parents and grandparents.

Just as humans were born without control over their systems, humans sometimes return to lack of control as they reach a senior age.

Returning to Incontinence

Incontinence in adults can be caused by several things. Some factors are:

1. Obesity and smoking
2. Stress factors such as coughing
3. During and after pregnancy

4. Age
5. Certain medications
6. Different diseases such as a stroke
7. Obstruction or blockage to the bladder like a tumour

The typical incontinence is urinary, but sometimes there is also bowel or fecal incontinence. Urinary and fecal incontinence can occur when there are frequent or urgent urination and disposal or just problems controlling when the disposal occurs. There are a lot of factors that lead to incontinence and no matter the individual- every individual needs the same care- from when they are small to when they are full grown.

If you find you or a loved one has incontinence, please see your healthcare provider for a detailed examination to the cause and a plan for future incontinence management.

How is incontinence managed?

Many of those with incontinence are in the care of medical and or elderly care professionals such as nursing homes.

These Caregivers use adult briefs or adult diapers to help keep sanitation of the homes. Unlike with babies that can be touched to see if they are wet or will actively announce they need a change through crying, elderly residents do not have this. Elderly individuals often do not show outwardly that they need a change like babies would nor are Caregivers touching elderly residents to see if they are wet. Some senior residents might even cause a fuss when they are submitted to a change.

These establishments work hard every day to ensure residents have quality care; however, due to the number of residents and the smaller number of staff members, incontinence management is a bit difficult. What occurs is that residents are changed following the nursing homes' process rather than when they need changing.

This leads to residents sitting in wet briefs for extended periods of time, which can cause other illnesses such as UTIs, Urinary Tract Infections, or skin rashes. Some of the residents don't have the ability to signal to Caregivers that they need a change as well, which makes both Caregiver and resident unhappy.

Incontinence can become embarrassing for the individual, but there are ways of managing it that will greatly reduce embarrassment of sitting in a wet diaper and of relying solely on the Caregiver to be changed.

Here at Seneca Sense Technologies, we are dedicated to incontinence management to help individuals regain confidence and for loved ones and Caregivers at senior care facilities to give the best care available without breaking the bank. Learn more about our product WeSense today, which can work at any nursing home, by any Caregiver, and with any adult incontinence product such as adult pull-ups or briefs.