



How digital continence care improves quality of life



RESIDENT

Explore the benefits of digital continence care

WHITEPAPER - 2020

How digital continence care improves quality of life

AUTHORS | Camilla Vogt Pedersen, International Nurse
Dag Winther Svendsen, Global Concept Manager, ABENA Nova

Incontinence can have severe consequences for quality of life, and may lead to physical discomfort, health problems, and social stigma. For that reason, good continence care has high priority in nursing homes and other care facilities. An increasing number of elderly people, as well as difficulties recruiting caregivers for the increased workload in the health care sector, are factors that may impact the quality of care negatively.

Consequently, nursing home and care institutions are increasingly seeking new ways to provide the best possible continence care. One of the promising methods includes digital products that can help improve continence care and thereby quality of life.

This paper explains the opportunities in digital continence care and how digital products may benefit people suffering from incontinence.

What is digital continence care?

During the last decade, the use of wearable sensors has become widespread in for instance fitness tracking and biometric applications. Now, digital products are also finding their way into the daily routines at care facilities and the results are notable.

ABENA Nova with MediSens is one of the leading digital incontinence solutions. ABENA Nova consists of a Premium quality incontinence product with integrated sensors that continuously monitor saturation levels. A small clip attached to the product sends the information to the caregivers via an app. In this way, the caregiver can see which resident needs changing now or soon and take action accordingly. The information collected about the individual resident is then used for optimum planning of the continence care, e.g. how to ensure a good night's sleep and good toileting routines.



ABENA Nova uses a unique wireless connection to digital sensors to deliver actionable insights to caregivers. The sensors continuously register changes in wetness levels and share real-time information to caregivers on a mobile device via the WetSens Monitor App.

“Residents can sleep through the night, and wet beds and clothing are prevented. Besides, many residents experience feelings of shame, restlessness, and disturbance when they need to be changed. The smart incontinence product helps to reduce this to a minimum.”

Feedback from supervisors at two psychogeriatric departments at the Eveen Oostergouw care facility in the Netherlands.

The benefits of digital continence care

In several countries, nursing homes and speciality care institutions are already experimenting with new, digital products. The results of the cases are promising in terms of improved comfort day and night, reduced risk of skin irritation and urinary tract infections. Furthermore, digital products enhance dignity and confidence in everyday life. The tangible benefits comprise:

More time for personalised care

Digital continence solutions enable caregivers to replace fixed changing routines with personalised continence care based on insights into individual needs. Digital products provide insights into urination patterns, which allow timely changes and assist planning of toileting routines. At the same time, the digital products help select the right size products during day and night adjusted for individual needs as regards clothing, freedom of movement, urination patterns, etc.

More dignified care, less stress and fewer manual checks

Digital incontinence products eliminate the need for manual checks, which might be perceived as embarrassing and disturbing. At the same time, digital products prevent leakage and thereby uncomfortable situations and unnecessary physical strain when clothes or bedding have to be changed.

Improved health, reduced risk of skin irritation and infections

Experiences with ABENA Nova show that residents spend up to 2.5 hours less in a wet product¹.

Dryness reduces the risk of skin irritation and urinary tract infections, improving the overall health and well-being of the residents.

A good night's sleep

The digital continence products eliminate unnecessary check-ups and changes during the night, ensuring that the resident can get a good night's sleep without disturbances.

ABENA Nova
with MediSens

Unique results have been demonstrated through case studies*

39 minutes saved time per user/day

57% reduction in leakages

84% reduction in manual checks

28% reduction in number of changes

*The digital incontinence product ABENA Nova with MediSens has been tested at nursing homes and speciality care institutions in the Netherlands, UK, Germany, Norway, Sweden, USA, and Denmark. The figures above are average results from these case studies.

Average results from case studies, Europe 2018-19

¹From a case study with ABENA Nova at the American nursing home Casa Dorinda.

Overcoming concerns about digital aids in continence care

Digital continence care is an innovative solution and should be treated as any other new technology solution. In the following section we address some of the concerns that may arise and provide in-depth information about ABENA Nova, and how the digital solution works.

ABENA Nova is a secure solution, and before use the resident or relatives have to consent to the use of the product.

The digital solution is comprised of the following elements:

Premium quality incontinence product with integrated sensors

The material and design of the digital incontinence product is the same as ABENA's other premium quality incontinence products and fulfils the same environmental and health care certifications, e.g. the Nordic Swan Ecolabel. The only difference is the integrated sensors, which are so small that they do not in any way affect user comfort. The sensors continuously detect moisture in the product.

Personal clip logs and sends data

The clip is a data-logging and -transmitting device that sends data from the incontinence product to the cloud.

The clip is a personal device

The clip is registered by scanning the clip on the mobile device. The caregiver then enters the name or other personal identifiers of the user. The resident is then registered in the WetSens system and linked with the personal clip.

The sensor is activated by moisture. Every time the clip is attached to an incontinence product, it registers and gives notifications to the app, giving the caregiver information

about the resident, size and type of product, how long the products have been on, and current wetness levels.

The clip is small and designed to prevent any potential discomfort resulting from contact with the skin. The design is robust and allows easy cleaning/disinfection.

User-friendly app and data storage

Through a secure wireless connection, the clip sends data from the incontinence product via the cloud to the app. Caregivers can continuously monitor the saturation level: a green status means the incontinence product does not need changing, a yellow status means there is enough wetness in the product to warrant changing, while red means there is a risk of leakage.

Information about urination patterns is collected over a period of time and is used to plan continence care according to individual needs.

ABENA Nova fulfils the requirements of the EU General Data Protection Regulation (GDPR) and the requirements of the European Medical Device Directive (and MDR as of May 2020).

If you want to know more about the benefits of good continence care, you will find more information in our papers on digital continence care from the perspective of caregivers and care institution management.

This whitepaper is for informational purposes only. The know-how and practices presented in this paper are not exhaustive and can never substitute medical advice. Each user is responsible for independently evaluating his or her particular use of the know-how and practices provided in this paper.