

Facebook Live

Wednesday 10 December 19:30 - 20:30

BEYOND THE HORIZON: A JOURNEY OF RESILIENCE, CHOICE, AND NURSE-LED SUPPORT

An inspiring patient story that reframes how we
care for catheter users

Supported by  **convatec**
— forever caring —

Niall McCann

Explorer and Intermittent Catheter User

Laura Corner

Continence Nurse Specialist, Convatec

Sarah Stockwell

Continence Nurse Specialist, Convatec

Presented by



LIVE Q&A

Comments



Submit your questions through the comment section of the live broadcast!



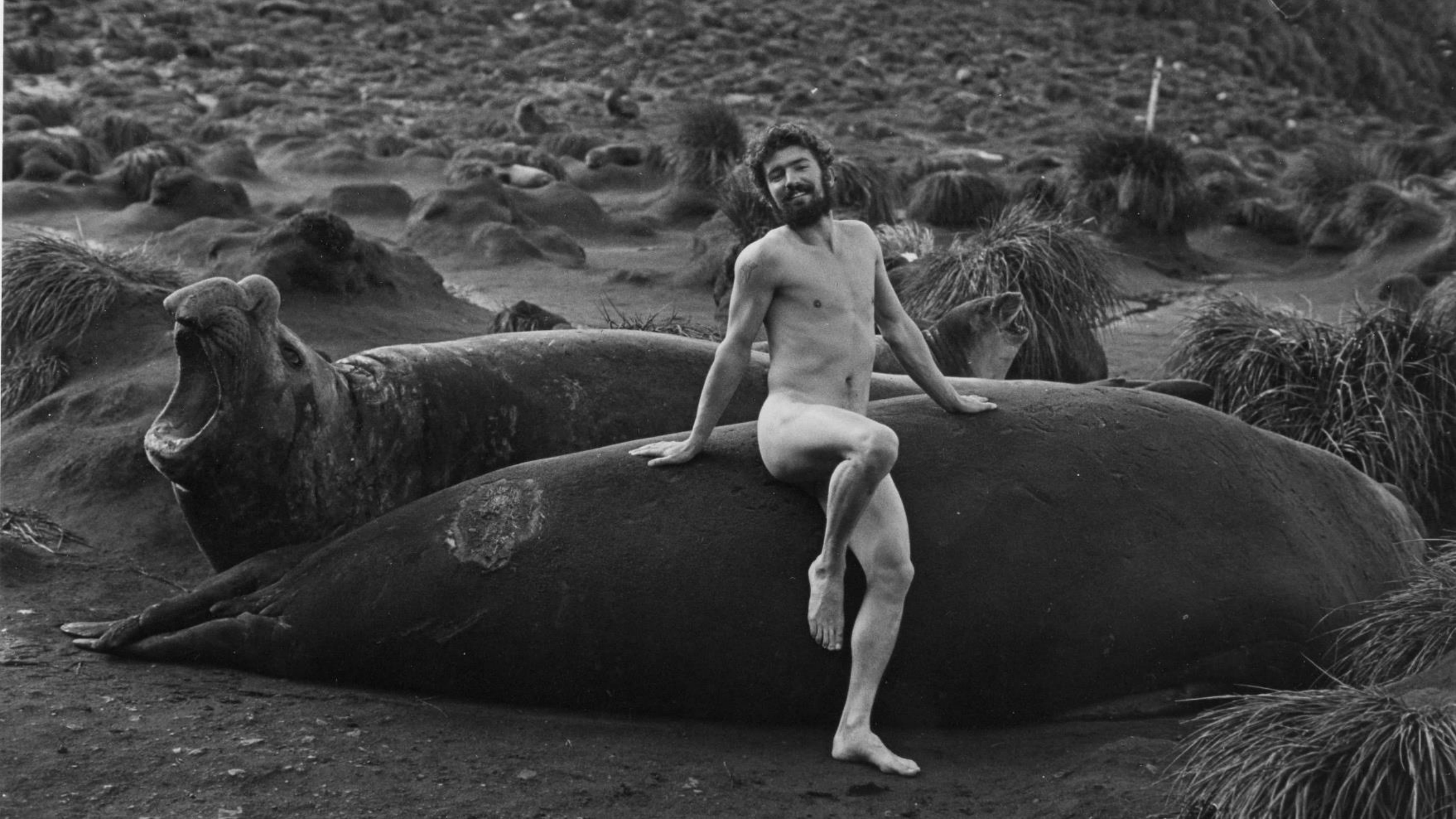
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NO LIMITS

ADVENTURE, ADVERSITY
AND LIFE AFTER SCI

NIALL McCANN
EXPLORER















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Supporting Conservation
Through
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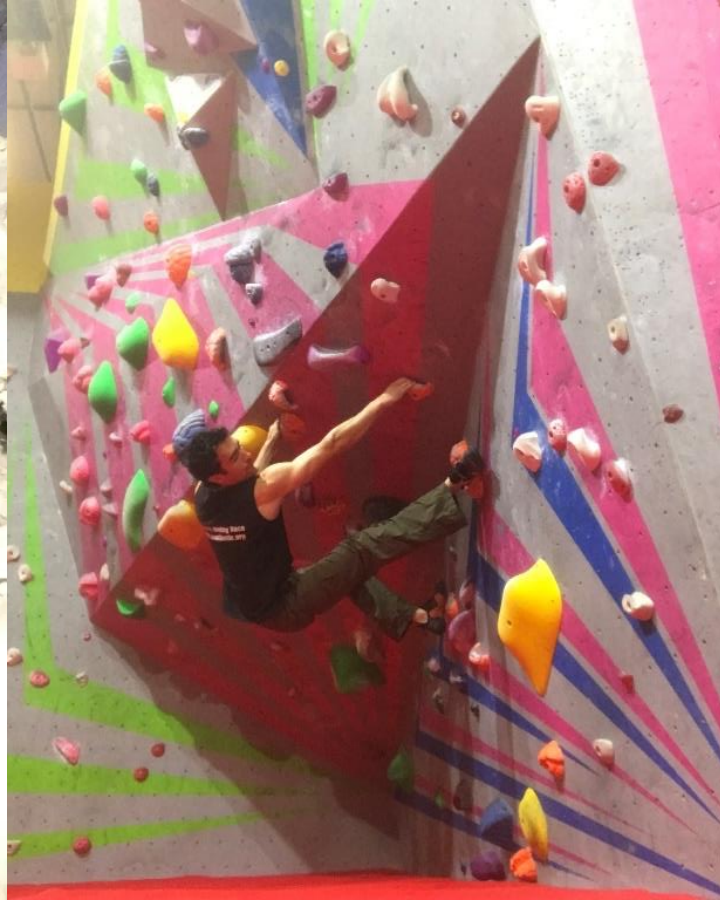






MOUNTAIN
RESCUE

COASTGUARD
SEARCH & RESCUE
Thames Valley













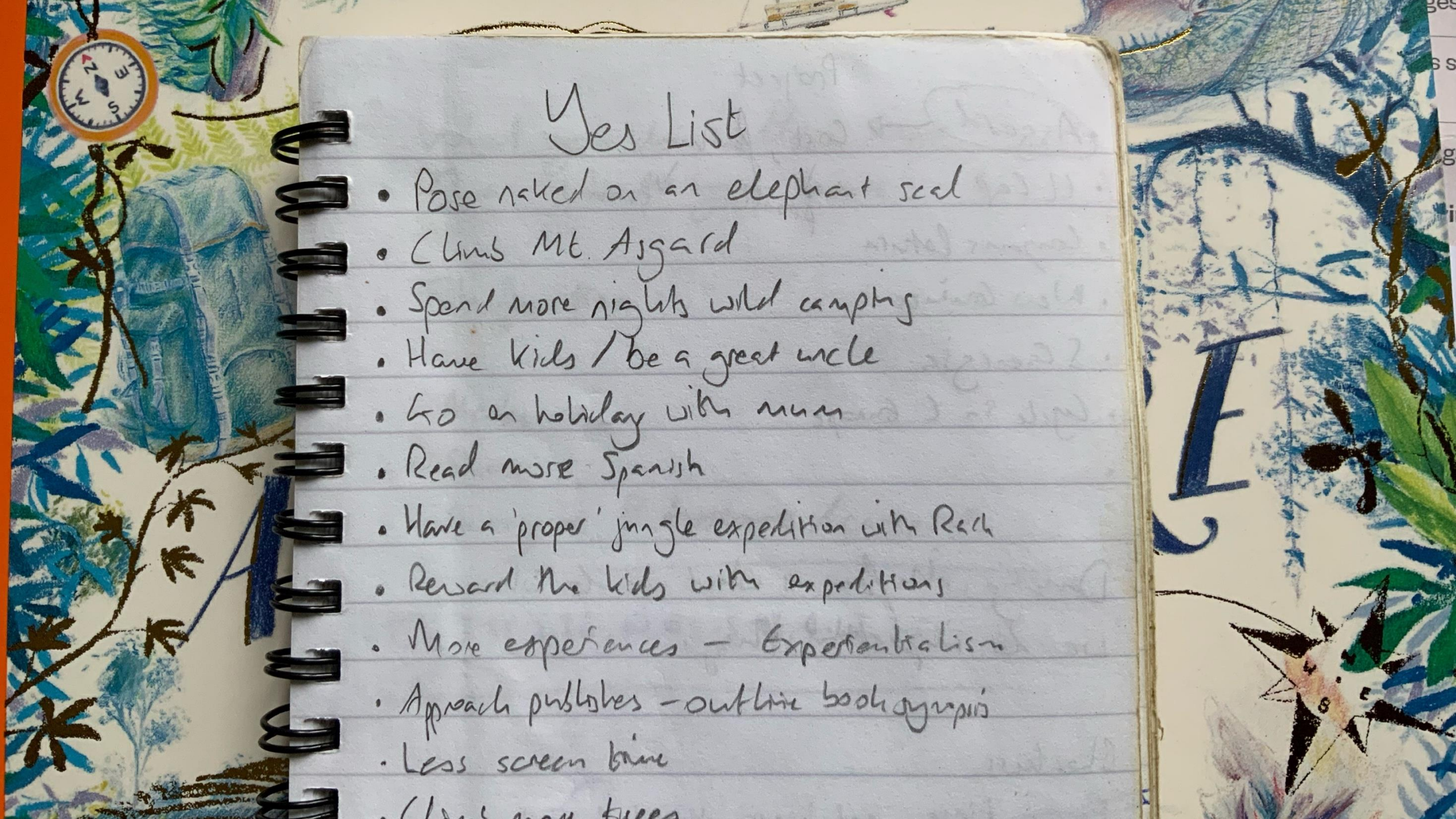












Yes List

- Pose naked on an elephant seal
- Climb Mt. Asgard
- Spend more nights wild camping
- Have kids / be a great uncle
- Go on holiday with mum
- Read more Spanish
- Have a 'proper' jungle expedition with Rach
- Reward the kids with expeditions
- More experiences - Experientialism
- Approach publishers - outline book synopsis
- Less screen time
- Climb more trees











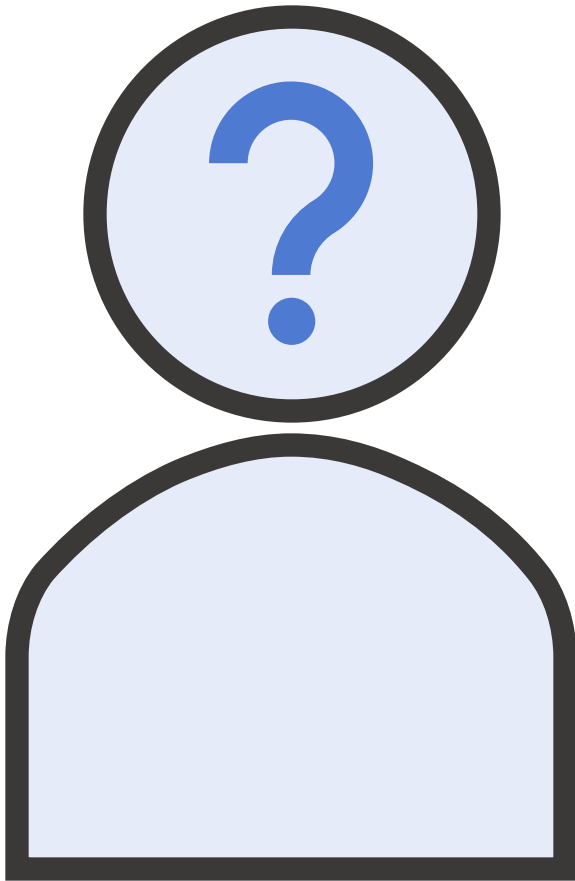






THE 'FORGOTTEN PATIENT'

The 'forgotten patient'



- No comprehensive UK wide data on patients lost to follow up after ISC training
- Studies focusing on adherence rates to intermittent catheterisation vary widely in reported numbers
- Long-term adherence often declines without ongoing support
- Patients are never offered updated choices or better products.

Statistics







- A 2024 study found that 46.2% patients reported difficulty accepting intermittent self-catheterisation¹
- No single statistic in the UK for the number of patients who have had a review of their catheter
- NICE (2025) suggest a 'regular' review of patients who have an intermittent catheter².

Primary Care Catheter Audit – Preliminary Findings

- **17% patients report significant effect on their quality of life**
- **76% patients reported never having had a catheter review**
- **29% of the patients reported a catheter related A&E attendance**

The 'forgotten patient'

Consequences to a lack of follow up include:

-  Access issues, patient does not know how to access system
-  Changes to manual dexterity missed
-  Psychological factors not identified
-  Ongoing teaching and/or support is not available leading to non-adherence to catheterisation regimes
-  Age related symptoms missed
-  Physiological changes missed.



**Ongoing education
and regular follow up
are essential for
better adherence**

Welcome to



Guiding the way to confident living
with intermittent catheterisation

Specially designed for you to
support your patients throughout
their journey: before, during, and
after initial consultation.



Intermittent Catheterisation and You

A checklist to gather
patient information on
their health,
catheterisation experience
and thoughts.



Making Intermittent Catheterisation Work for You

A useful guide to help
your patients get the best
from your consultations.



Emotional Wellbeing

An opportunity to
explore your patient's
emotional wellbeing.



Frequently Asked Questions

Your patients can access
the top 10 or explore the
full comprehensive
library.



Your Personalised Video Guide

An interactive
experience so your
patients can catheterise
confidently.



Emotional Wellbeing Modules

10 specially designed
modules to support your
patient's on-going
emotional wellbeing.



Your Introduction to Intermittent Catheterisation

A compact booklet covering
the basics and offering tips
to your patients.



IC Clinical Practice Principles

The ICCPP aim to standardise care
and improve outcomes using
evidence-based recommendations
for best practice quality intermittent
catheter care.



Consultation Considerations and Guidance

A useful guide to help you get
the best from your
consultations with patients.



Intermittent Catheterisation Consultation Checklist

A checklist to help you
evaluate your patient's needs,
and support with the
consultation.



Emotional Wellbeing

A conversation guide and
video resource to
support your patient's
emotional wellbeing.



On-going Support

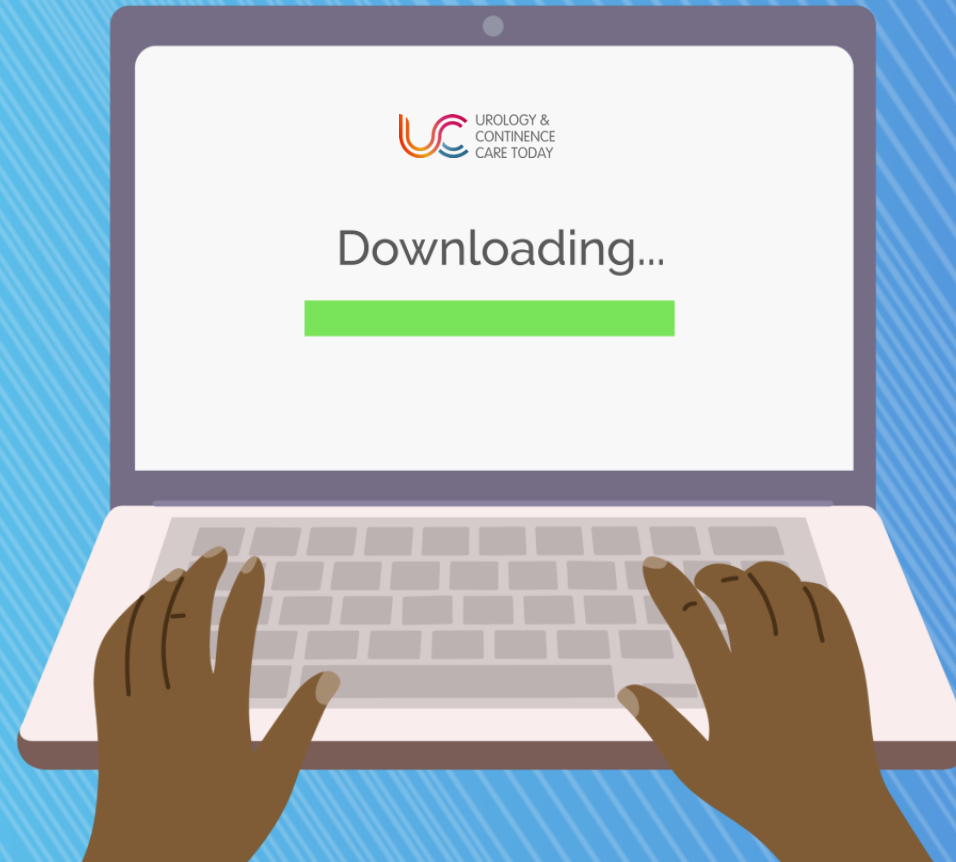
Follow-ups and raising
concerns will help your
patients live confidently as
an intermittent catheter user.

Summary

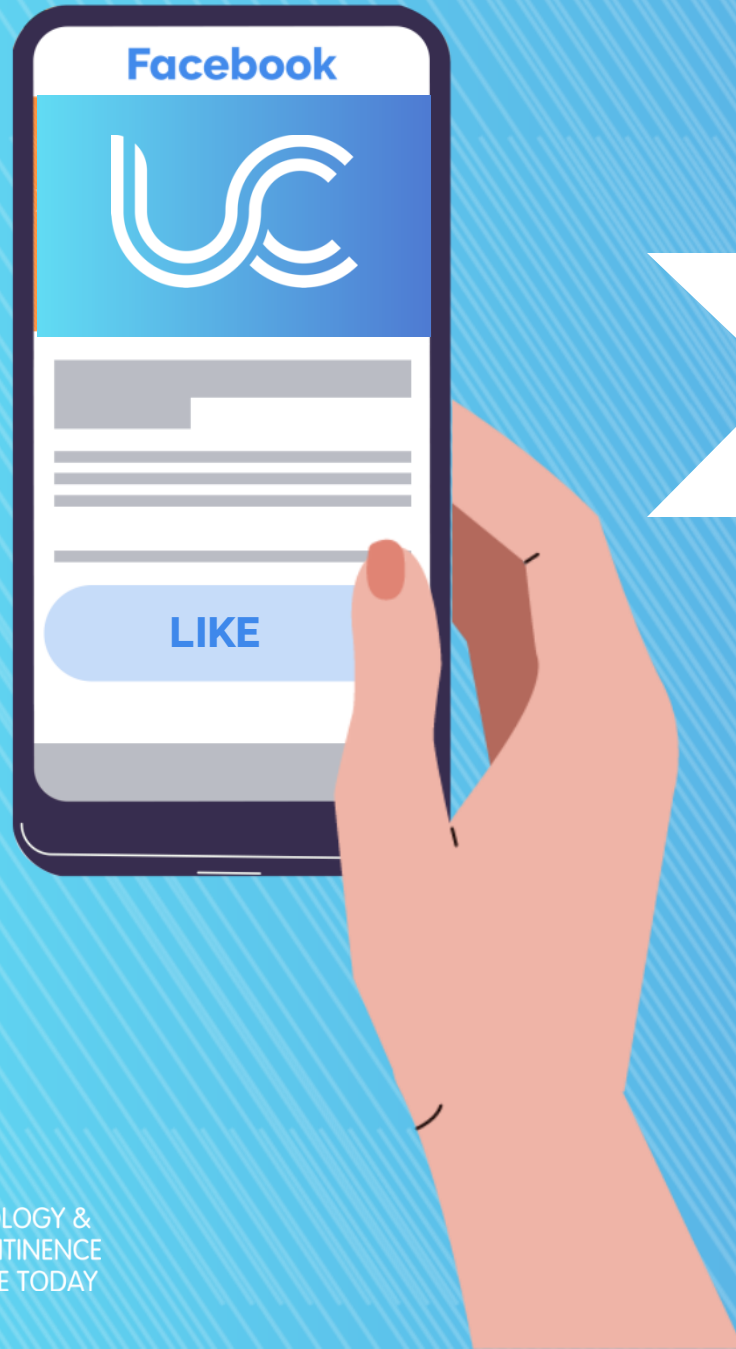
1. More needs to be done to support patients after discharge
2. Patients will require different levels of support
3. Too many patients are left alone and isolated
4. Programmes like Me+ should be a part of every patient's journey
5. Patients should have access to ongoing teaching, support and follow up.

References

1. Fengming, H. et al (2024) *Acceptance and the influencing factors towards intermittent self-catheterisation among patients with neurogenic lower urinary tract dysfunction in China: a multicentre cross-sectional study* **BMJ Open** accessed 21/11/25 11:00am
2. NICE (2025) *Intermittent urethral catheters for chronic incomplete bladder emptying in adults: late-stage assessment* www.nice.org.uk/guidance/hte28_ accessed 21/11/25 11:00am



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