

Facebook Live

Wednesday 10 December 19:30 - 20:30

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

Supported by  **convatec**
— forever caring —

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

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!



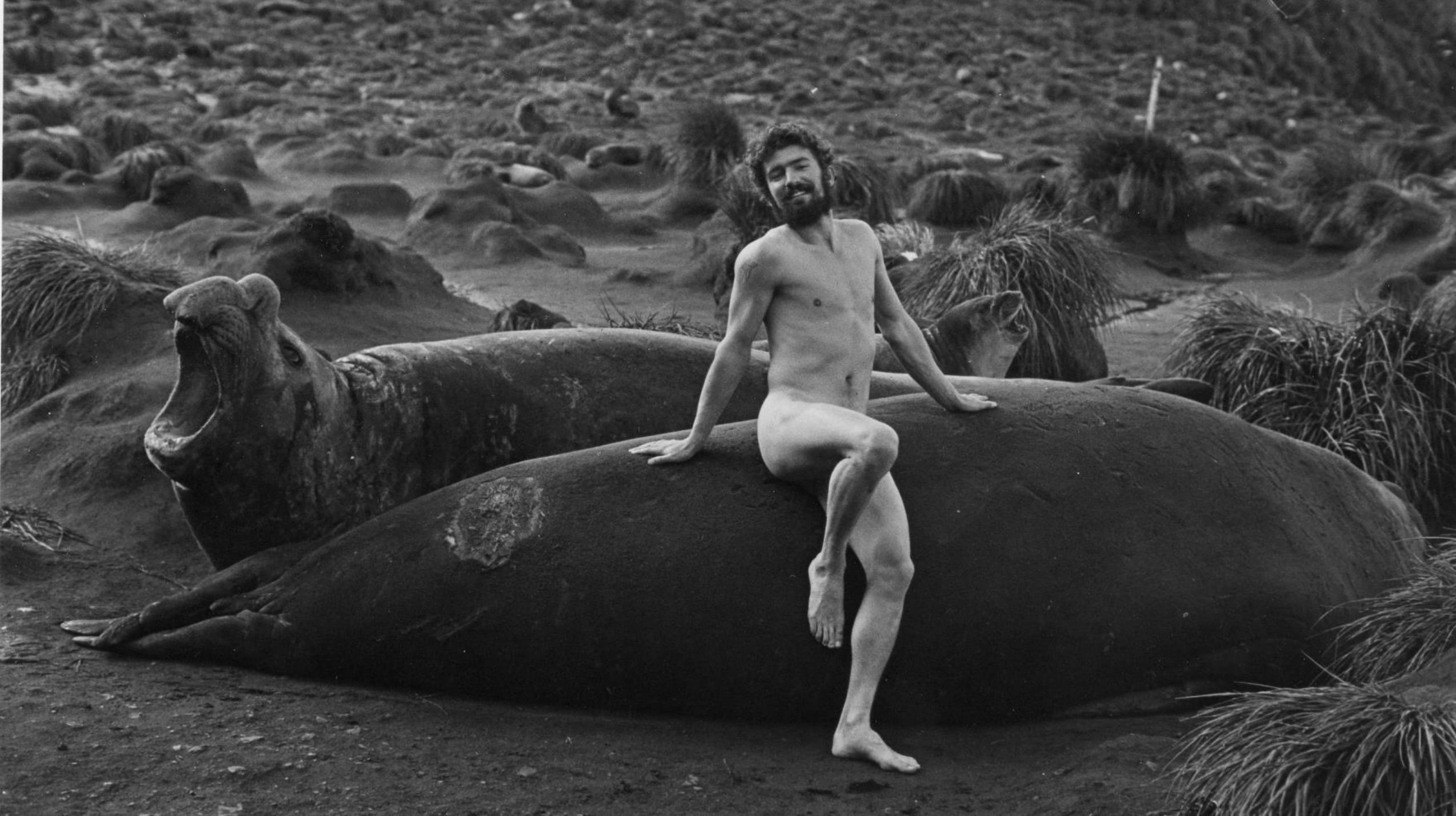
NO LIMITS: ADVENTURE, ADVERSITY AND LIFE AFTER SCI

NO LIMITS

ADVENTURE, ADVERSITY
AND LIFE AFTER SCI

A man in a blue jacket and green beanie is standing on a snowy mountain slope, carrying a pair of skis on his back. He is holding ski poles and looking towards the camera. In the background, there are several jagged, snow-capped mountain peaks under a clear blue sky.

NIALL McCANN
EXPLORER













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PowerBar

Inner Armour

1065
SPORT



PAN ATLANTIC

JAMES BURGE

NIALL McCANN

Supporting Conservation
Through
Sporting Endeavour

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Supporting Conservation
Through
Sporting Endeavour

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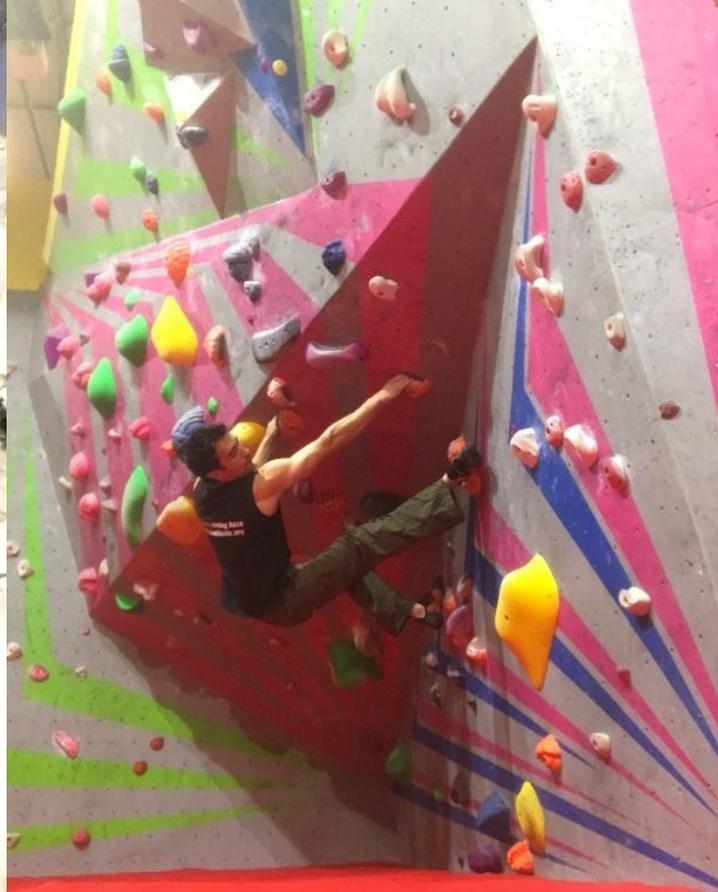




MOUNTAIN
RESCUE

COASTGUARD

SEARCH & RESCUE
Sharncliffe





















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 - Experimentalism
- Approach publishers - outline book synopsis
- Less screen time
- Climb more trees





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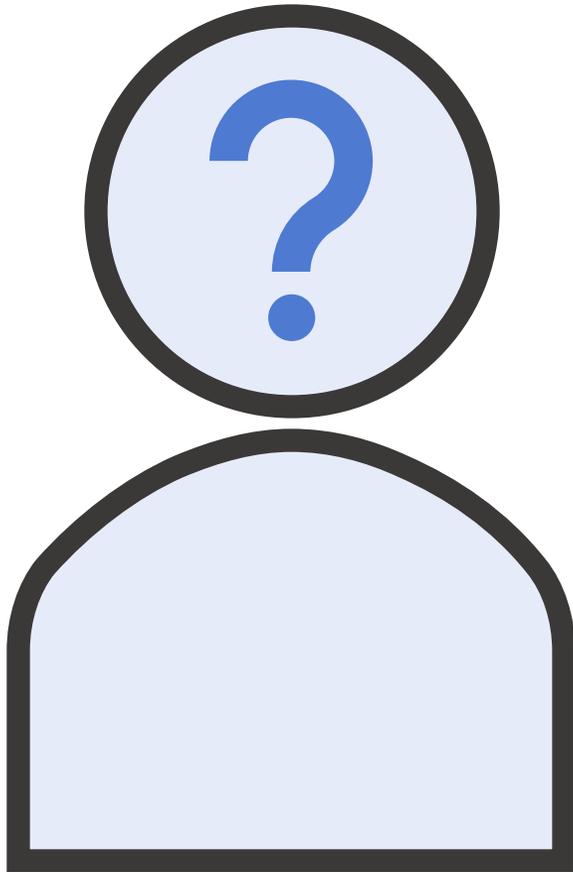






THE 'FORGOTTEN PATIENT'

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.



Your Personalised Video Guide

An interactive experience so your patients can catheterise confidently.



Frequently Asked Questions

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



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

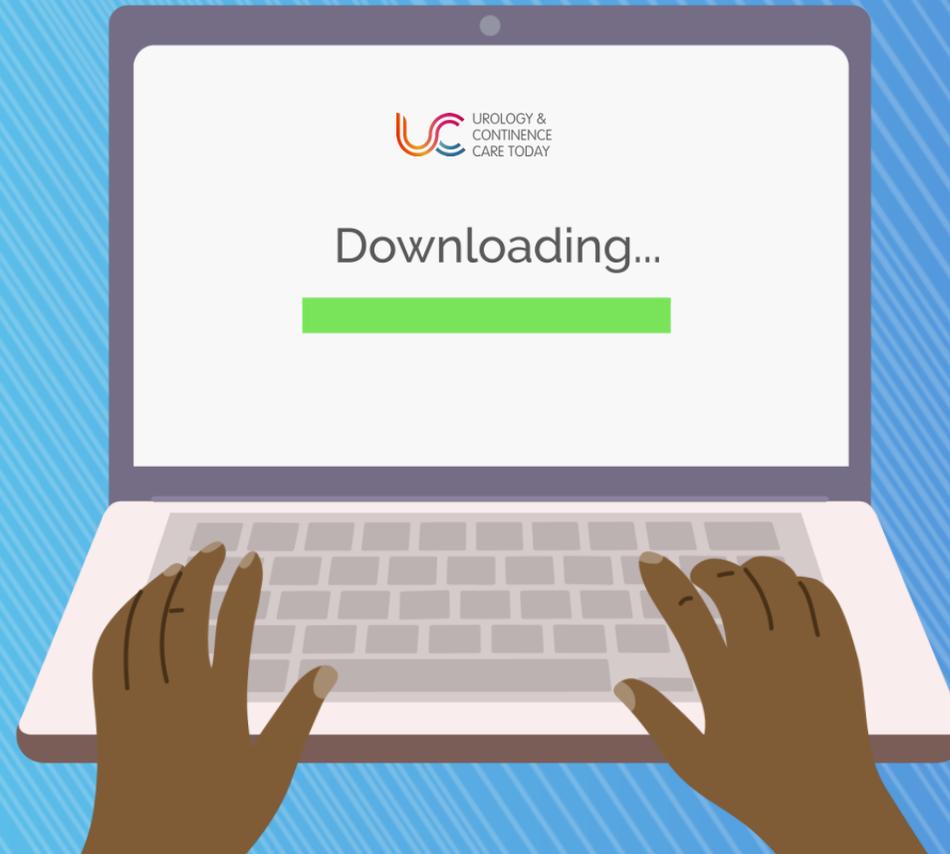
Follow-ups and raising concerns will help your patients live confidently as an intermittent catheter user.

Summary

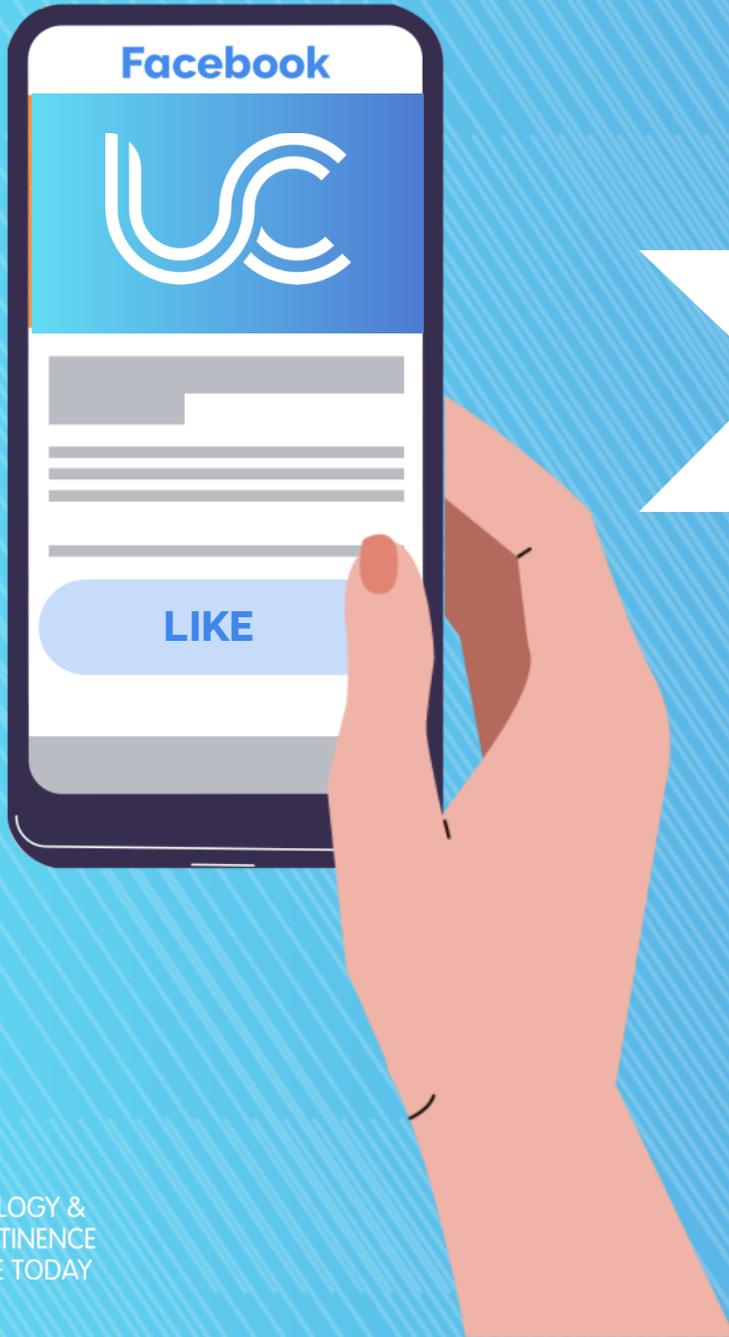
1. More needs to be done to support patients after discharge
2. Patients will require different levels of support
3. Too many patients are left alone and isolated
4. Programmes like Me+ should be a part of every patient's journey
5. Patients should have access to ongoing teaching, support and follow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



www.ucct-live.co.uk/certificate



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