

Absorbent products & continence devices for men: Evidence for decisions in continence care

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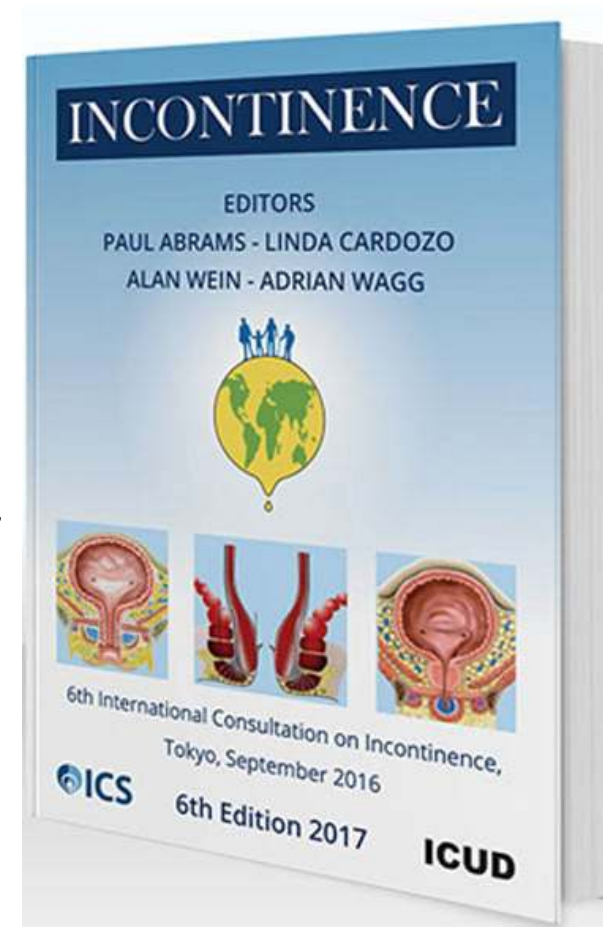
We owe a great deal to ...

Contenance and Skin Health Technology Group UCL/University of Southampton – Professors Alan Cottenden, Mandy Fader and Margaret Macaulay and the team for leading research on products.



The challenge of evidence-based product selection

- Extensive narrative lit/testimonials – generic wisdom -- but little hard data.
- Few products have published clinical evaluations.
- Products tend to be modified often so that data becomes outdated.
- *International Consultation on Incontinence (ICI) /ICS* joint strategy is to make this generic wisdom accessible to practitioners (most recent 2017).





Products: Outline

- What products and devices are available for men in particular?
- What is the evidence regarding effectiveness, user preference and quality of life?
- Dispelling some myths

Men say:

I thought – Oh God
It's like being
a woman

Airport security is
a nightmare – they
might pull the
pads out

The padding is in
all the wrong places

I save them up in
the bathroom –
she says – “throw
them away!”

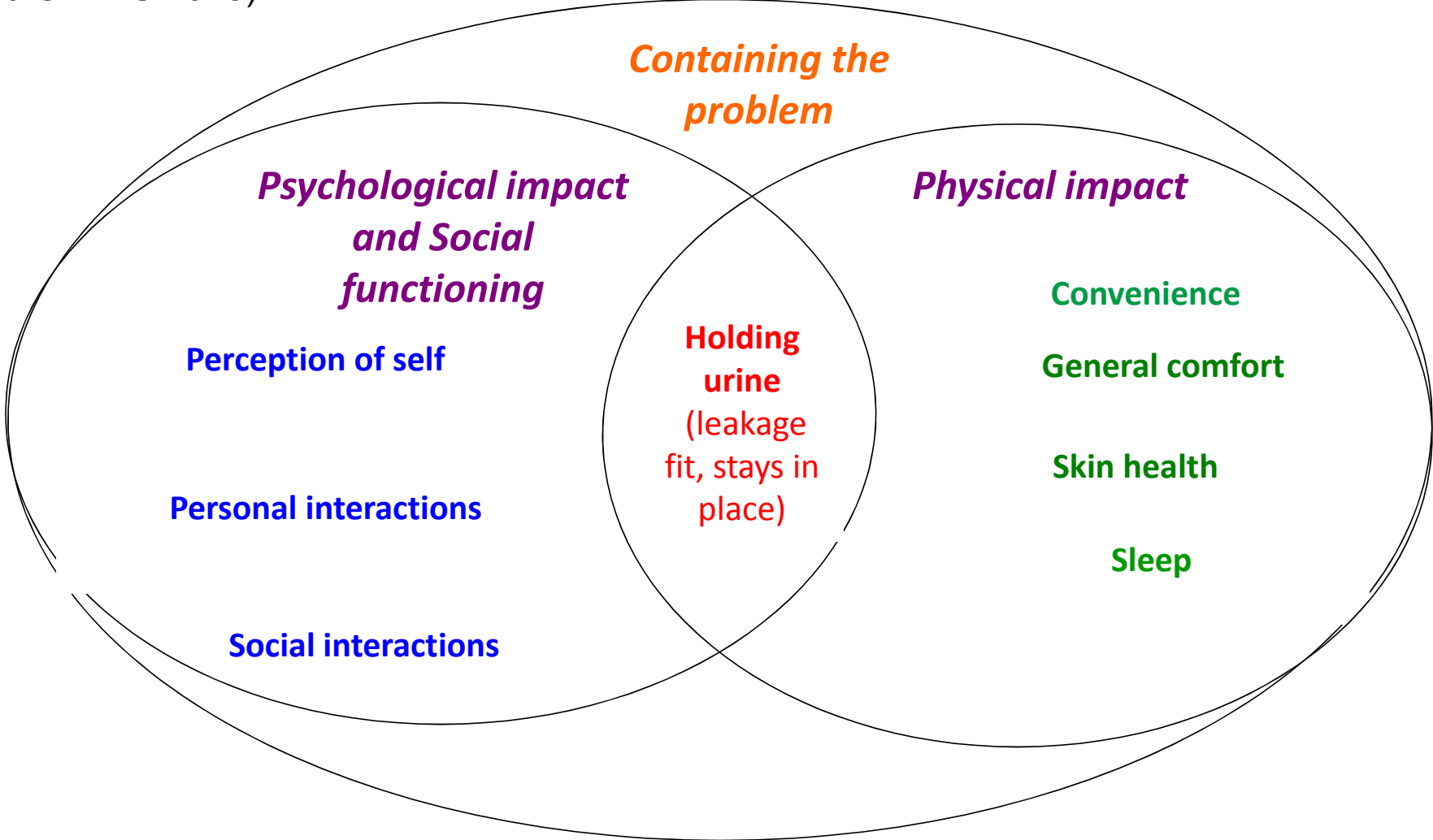
.... too long –
I cut them up



I have to take the
wet ones home –
no bins in public
toilets

Particular product problems identified by men

(Yearwood C. NAU 2018)

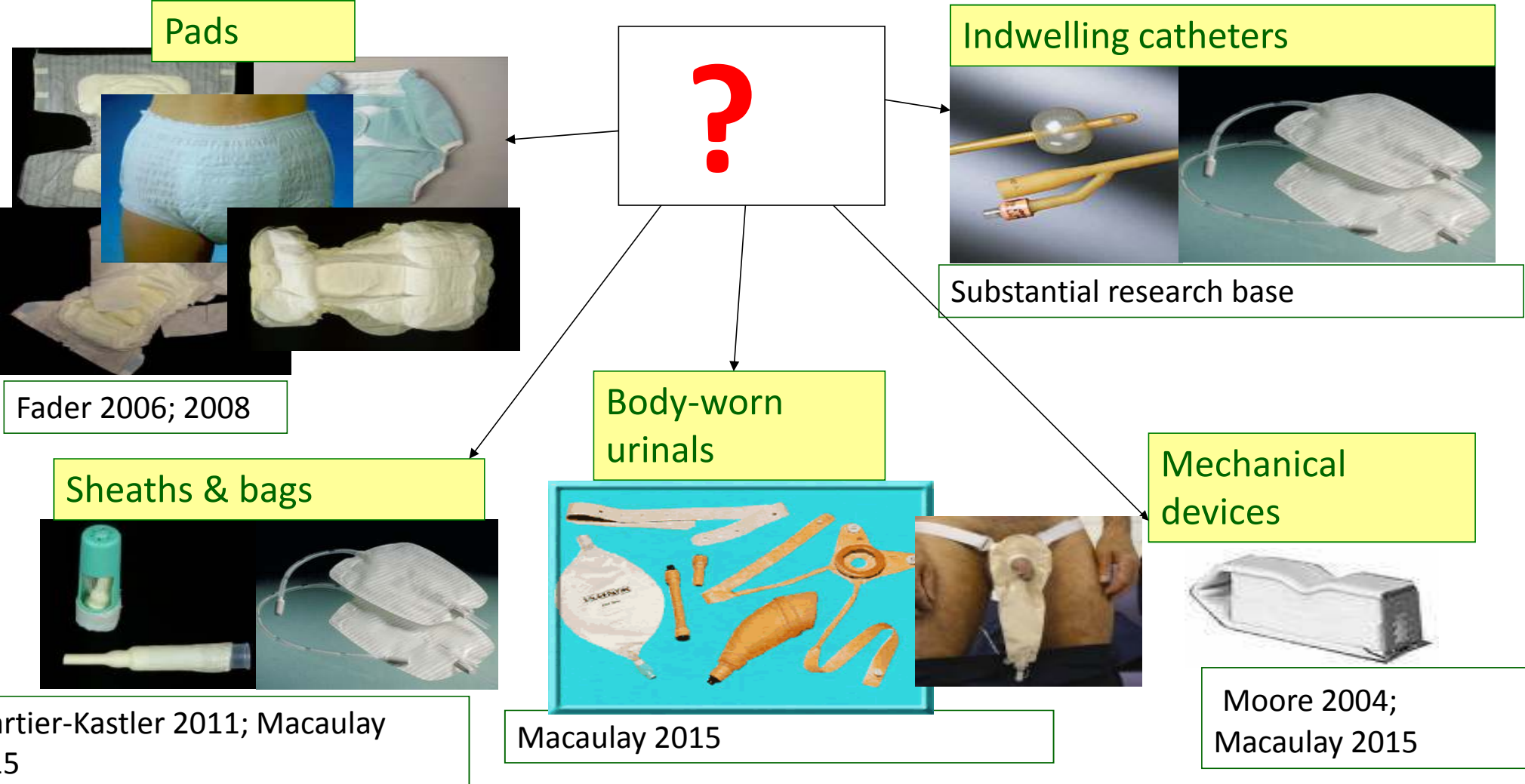


Product Options

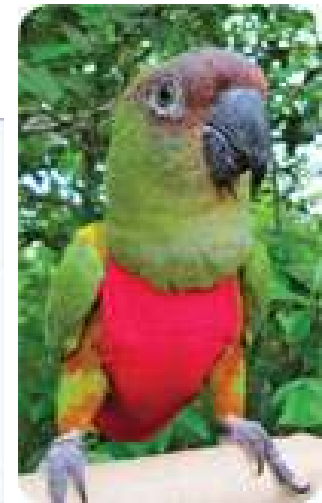
- Take into account the person
 - Degree of UI (light, moderate, heavy)
 - Daytime/night time
 - Lifestyle/activities
 - Body shape
 - Mobility, independence, dexterity
 - Individual preferences
 - Availability and cost of products



What options are available?



Light incontinence: many improvements and innovations for men and man's best friend!







Evaluation of 4 Absorbent products for men with light UI: (Fader et al 2006)

- 4 products: pouch (6), leaf (6), small pad (1) & integral pad/pant (1)
- Randomized Crossover trial – all subjects (n=74) tested all products x 1 wk each (14 wks)
- Outcomes: Questionnaires on
 - Product Performance
 - Leakage performance -- diary/pad weight
 - Design performance
 - Design preference

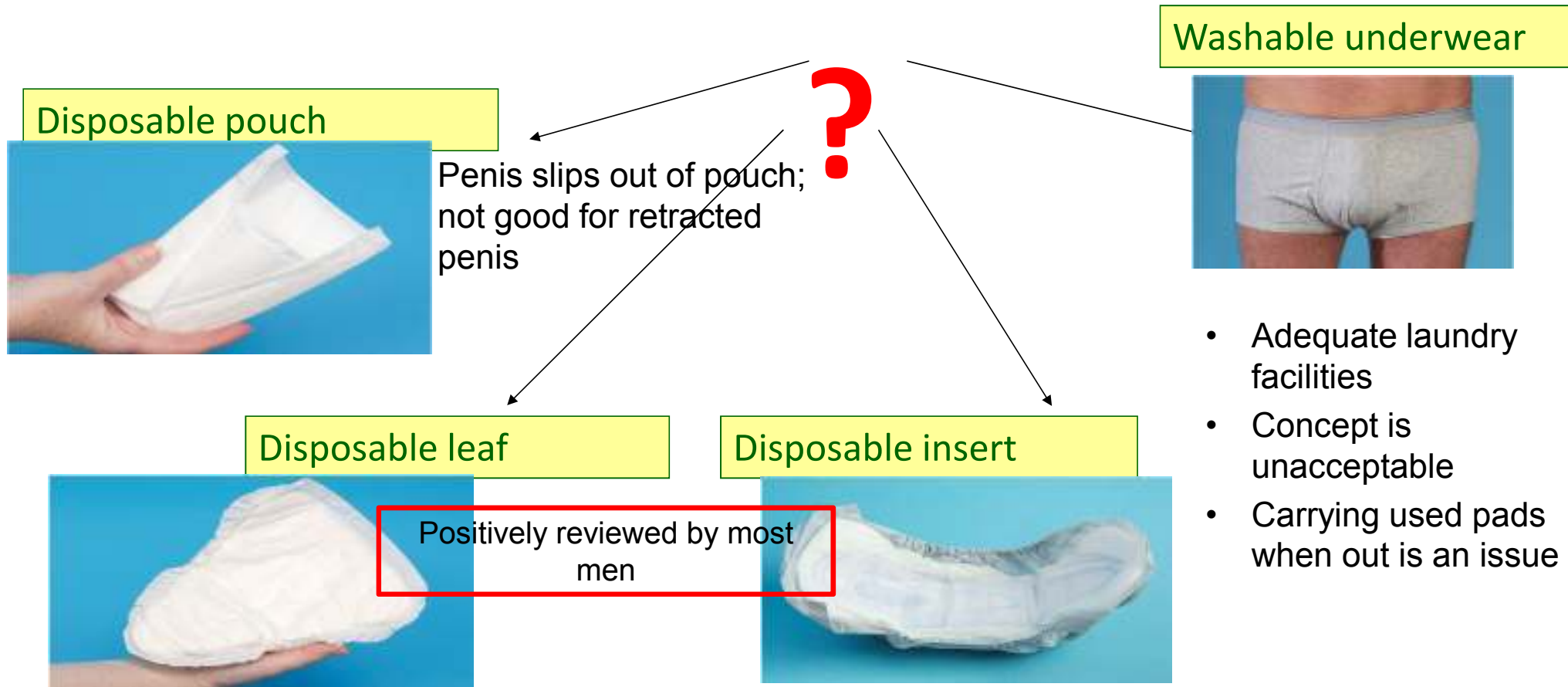


Results -- Men, light UI: overall performance (%)

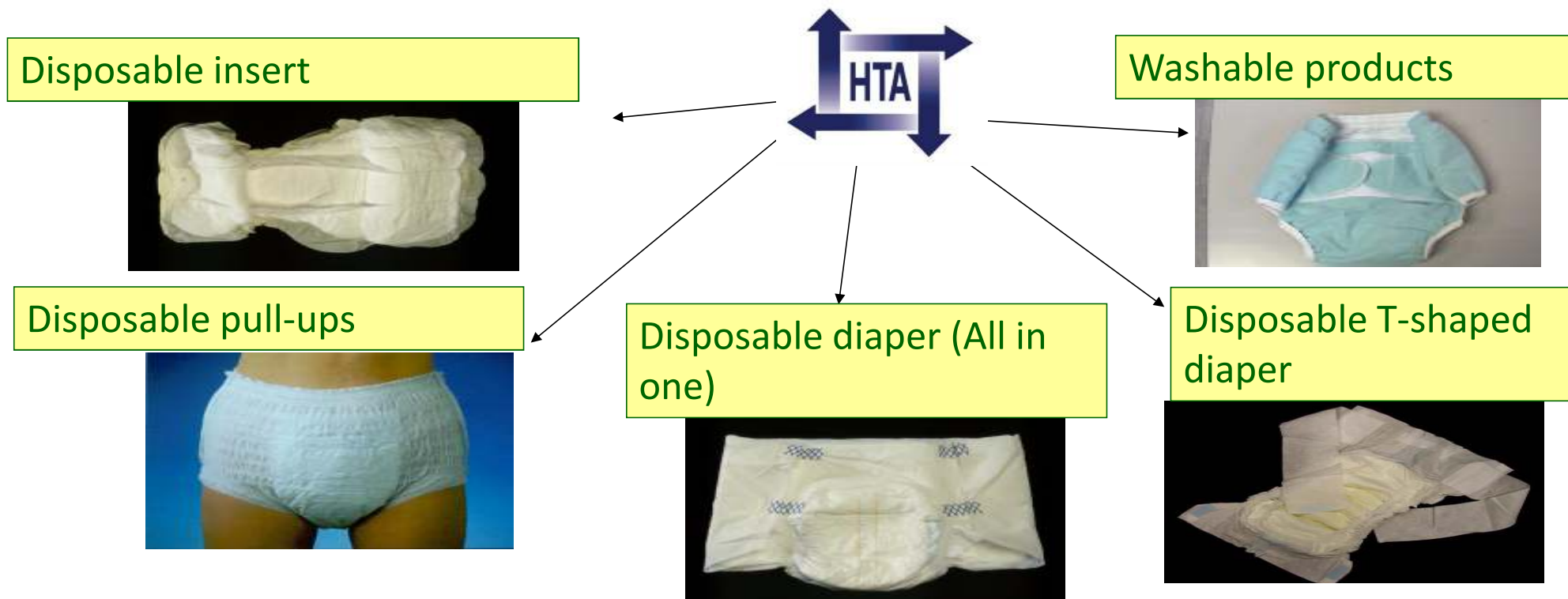
(Fader 2006)

	Good/ very good %	Okay %	Poor / very poor %	Leakage performance % (95% CI)	
				10g	50g
Leafs 	58	25	17	96 (90-98)	87 (76-93)
Pouches 	27	21	52 p=0.0001	88 (78-94)	85 (75-91)
Washables 	49	9	42 p=0.01	57 (43-70)	7 (0-56)
Small pad or insert 	48	29	23	93 (84-97)	87 (76-93)

Results Light UI: Evaluation of absorbents for men



Moderate to Heavy UI: RCT X-over trial 'unisex' pad designs (N=49 men; 36 women in own home)

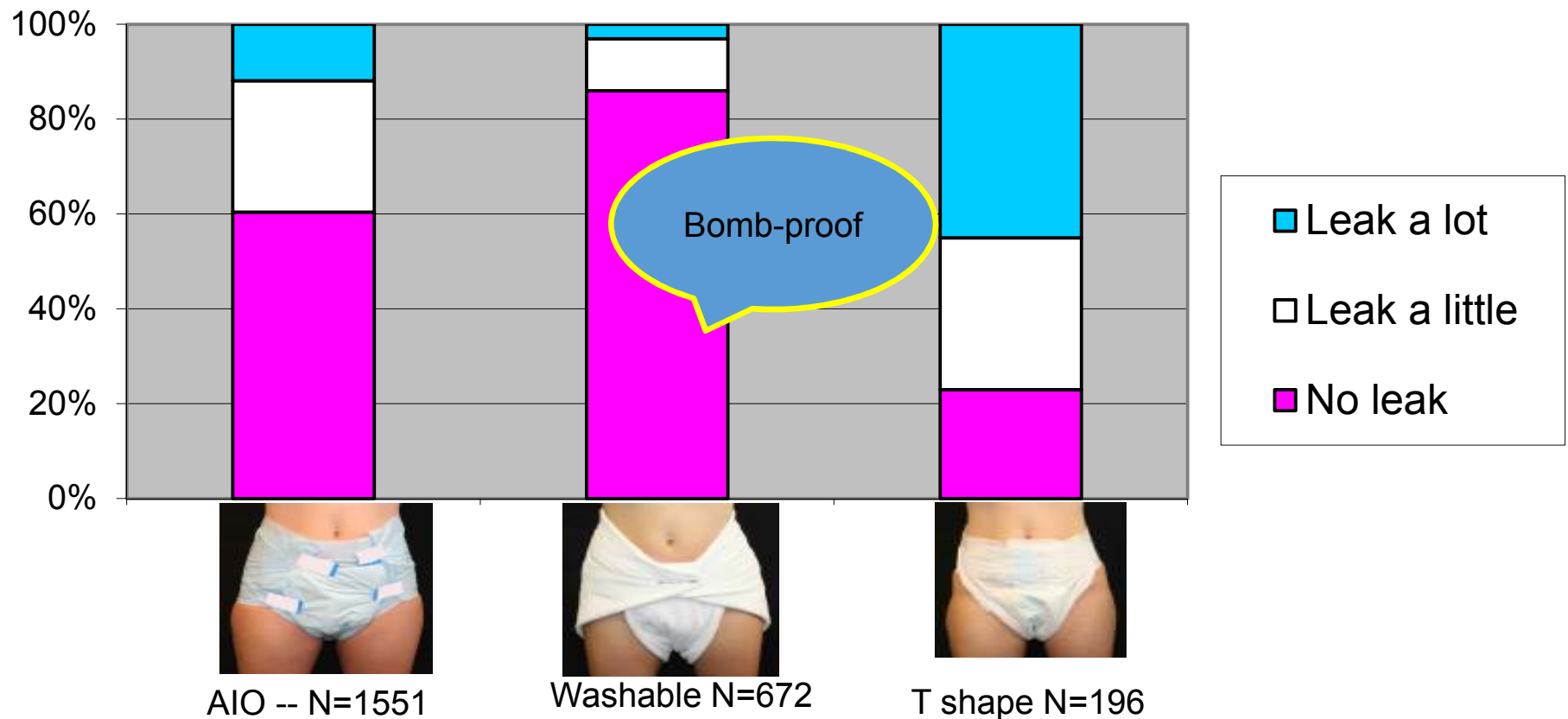


Fader et al. 2008 Absorbent products for urinary / faecal incontinence *Health Technol Assess.*

Results: Heavy UI: Least leaky had the most infantile appearance

Night

Leakage diary - per pad change



Heavy UI: Men & women: Preferences for Disposable vs re-useable designs

M=49 W=36		AIO % (N)	T % (N)	Wash % (N)	PU % (N)	Insert % (N)
Day	Men	43 (21)	24 (12)	6 (3)	20 (10)	6 (3)
	Women	11 (4)	11 (4)	0 (0)	61 (22)	16 (6)
Night	Men	24 (12)	10 (5)	53 (26)	8 (4)	4 (2)
	Women	8 (3)	8 (3)	11 (4)	53 (19)	22 (8)

AIO = All-in-one; T = T-shape diaper; PU = Pull up

Median urine mass in pads: daytime (g)



	Insert	Diaper / AIO	Pull-up	T-shape	Wash-able
All	234	294	257	298	414
Men	284	347	303	355	431
Women	147	203	176	186	311
N (pads)	1943	2196	2066	1426	819

A trial of male urinary devices for intractable UI after treatment for prostate cancer (Macaulay et al. BJU Int 2015).



Sheath



Body-worn urinal



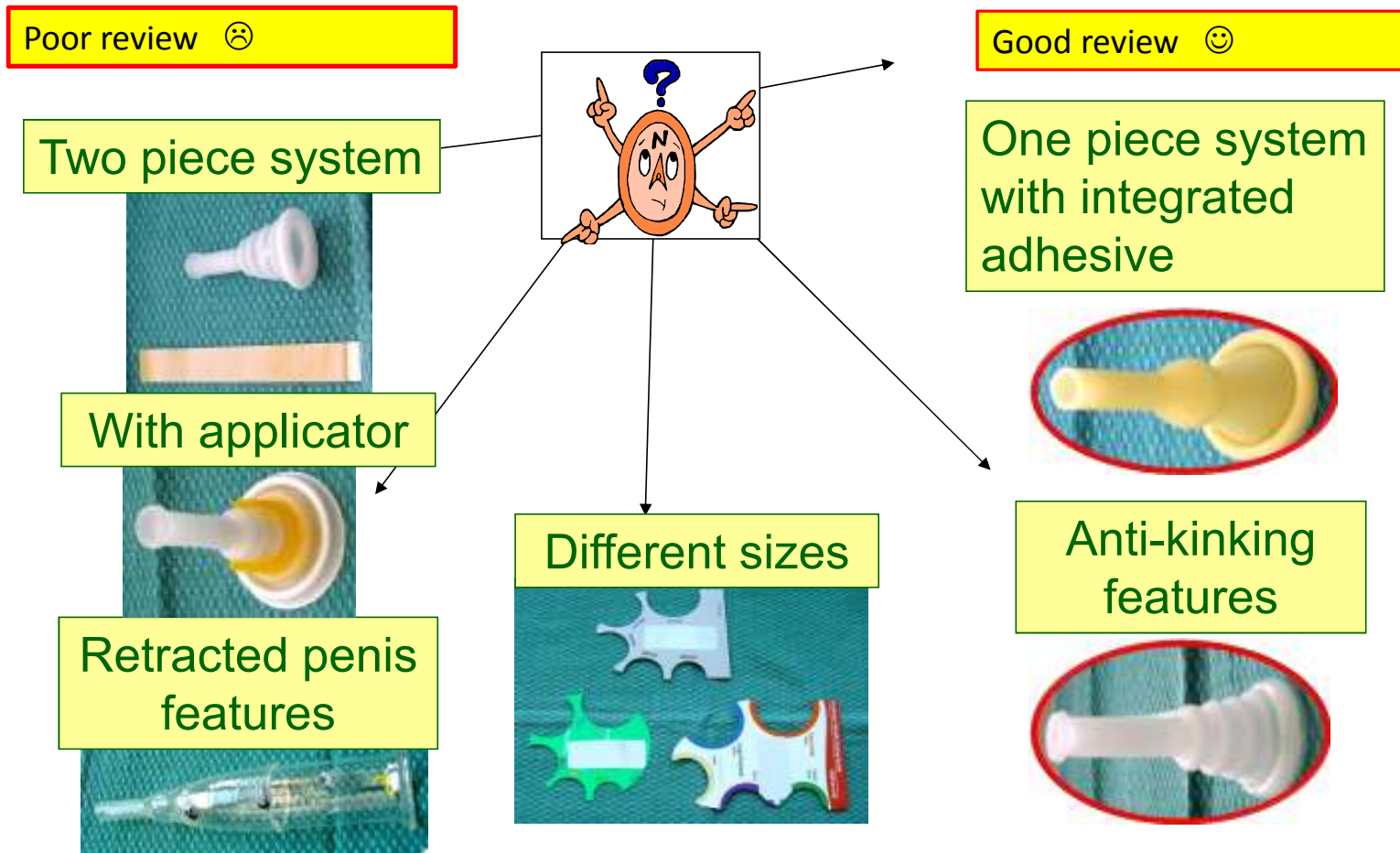
Clamp

- Randomized crossover trial, 80 men (56 completed)
- Tried each design for **three** weeks
- Inclusion criteria: Hx prostate cancer followed by urinary incontinence ≥ 12 months
- Exclusion criteria: latex sensitivity, faecal incontinence

Sheath

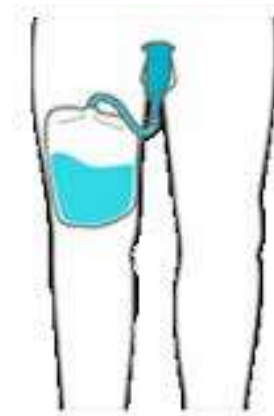


Heavy UI: sheaths – rated high overall for comfort, odour, leakage, disposal



Sheath systems: Keys to success

- Fit with measuring device *One size DOES NOT fit all!!*
- Attach to drainage tubing – thigh or leg
 - Cloth or non-sweat backing/straps
 - Capacity
 - Stays in place with sitting/standing
- Key Drainage bag features
 - Ease of opening/closing the tap
 - Likelihood of accidental opening of tap
 - Ease of emptying without wetting fingers/spilling
 - Bulkiness/visibility of tap under clothes
 - Comfort of the tap against the leg/ankle



Body-worn urinals



NB risk of skin injury;
comfort



Does not stay in place
when seated

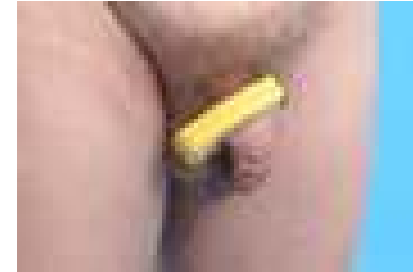
Body worn urinals: keys to success

- Good fit
- Adequate penis length
- Useful standing or walking

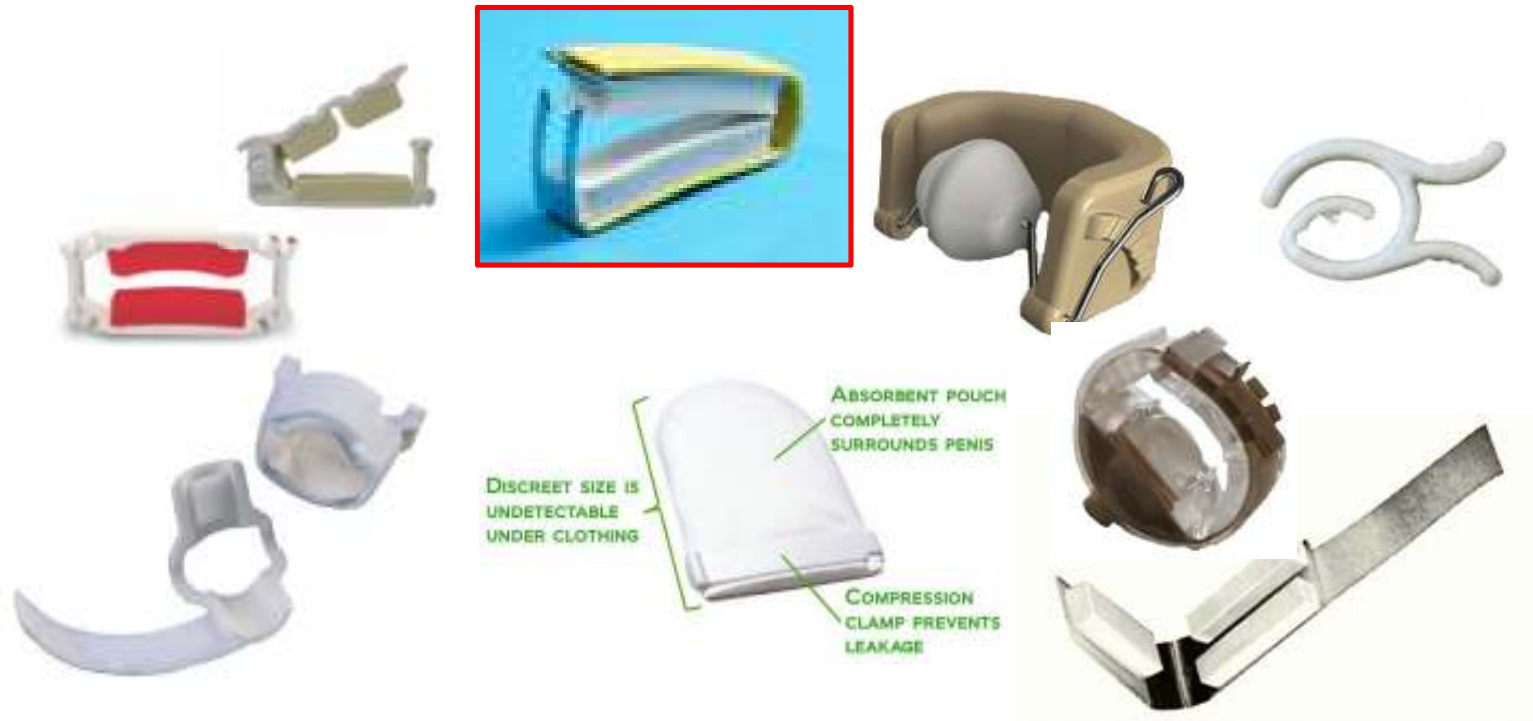
- Not suitable for men primarily sitting
- Short/retracted penis
- Skin health issues

- Rated poorly by users for self image, security, leakage, impact on clothing choice, sitting to standing

Penile compression devices



Active man with normal sensation, cognitive ability, and manual dexterity, penile length



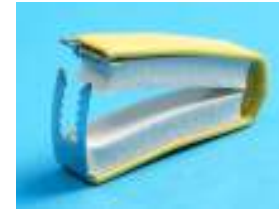
DISCREET SIZE IS UNDETECTABLE UNDER CLOTHING

ABSORBENT POUCH COMPLETELY SURROUNDS PENIS

COMPRESSION CLAMP PREVENTS LEAKAGE



Good for things like swimming and tango but can be painful!



Men found devices very useful for certain situations and activities



Great for prolonged journeys or activities like golf...!

More than half (31/56) preferred a product **MIX**

Penile Compression devices: Keys to success

- Suitable for those who are highly motivated
 - Good dexterity
 - Wish periodic intermittent use
 - Have primarily stress UI (vs urge)
 - Able to achieve good fit, comfort
- Not suitable for men who
 - Have cognitive impairment
 - Poor genital or bladder sensation
 - Poor manual dexterity

Prototype, based on men's evaluations, is now ready for testing at the University of Southampton

Impartial advice for continence product users

Millions of people worldwide manage their incontinence using a combination of products.

All of our unbiased advice is written by continence healthcare professionals and based on research evidence. [Find out more](#)



Find out which products suit your needs...

Advice



Products





Choosing products: *I am a woman with moderate incontinence: are disposable pants for me?*

More likely to suit you if...

- Discretion is a priority for you
- You want a product which is easy to put on
- You can stand up (with assistance if necessary) but can't change your own pad
- You are most concerned about reliably containing leakage

Less likely to suit you if...

- You find removal of clothing for changing the pad difficult
- Low cost is a priority
- You need a product for use at night and need help with pad changing

www.continenceproductadvisor.org/

- Here's an example of why one man chose 4 different products to suit his lifestyle



- This is John, he is 84 and has heavy UI day and night.
- He can walk short distances.
- He regularly visits friends and family.

John's Choices

- Pad & stretch pants** – comfort & easy to change




Day Home


Day Away

- Urinary Sheath** - Can be worn all day without changing



- Washable diaper** – no leak when John lies on his side



Night Home

Night Away



- Disposable Diaper** - No need to wash product when away from home



Don't forget the hospitalised patient

- Forum Posts: Hospital Diapers. Your experiences?

<http://www.adisc.org/forum/showthread.php/4808-Hospital-diapers-your-experiences>

<https://www.dailydiapers.com/board/index.php?/topic/6846-hospital-diaper-policies/>

With many thanks to Denise Nix RN, MSN, CWOCN for pointing me in the direction of these important websites.

Quality of Product

Paper towel, saran wrap, and scotch tape would work better

Might as well wear a paper towel with a sandwich baggy over it

Within an hour, my sheets were soaked and there was a puddle growing on the floor

I had to be changed hourly to keep them from leaking

I wore 3 at a time and still had to have the bed sheets changed every morning

I was using 2 of the hospital diapers during the day, and the soaker and 3 diapers at night

Quality of Life

Exposed to uncontained germs,
all the extra cleaning, and a
detriment to patient comfort
and dignity

Insensitive
and
degrading

Downright
inhumane

Patients would just have
to mess themselves in bed
and the nurses would
clean them up

Patient Solutions

Next time I go into the hospital, I'm taking *some of my own* in with me

Hey *take your own*. Every time I have been in the hospital the diapers are a joke



<https://www.youtube.com/watch?v=Aq8h9RqESJI>

My wife had to drive in from home to bring me some good diapers

Talk to my lawyer

To conclude

- **Myth:** Products (esp pads) are a sign of failure of continence care.
- **Reality:** Products are a form of adjunctive continence management for some and ongoing management for others.
- **Myth:** Diapers and pads compromise quality of life and diminish dignity.
- **Reality:** When properly selected and used, containment products protect against the stigma and indignity of urinary or fecal incontinence and odour.

To conclude: What do users want?



- Effective masculine absorbent products
- Better disposal facilities in public toilets
- Better information about managing UI & coping with products in the home, travelling or socialising
- Understanding from HCPs in hospital
- Different products and devices for different circumstances – e.g. daytime when ‘going out’
- More research evidence on which to base decisions ...

Thank you! – and watch what you put down a Brit Rail loo!

