



Emotional Wellbeing Conversation Guide

developed and tested by specialist Clinical Psychologists

For some patients the prospect of intermittent catheterisation (IC) can be overwhelming and they view IC as a life-limiting change which emphasises their sense of disability.¹ This is associated with poorer emotional wellbeing and reduced adherence, impacting prognosis.

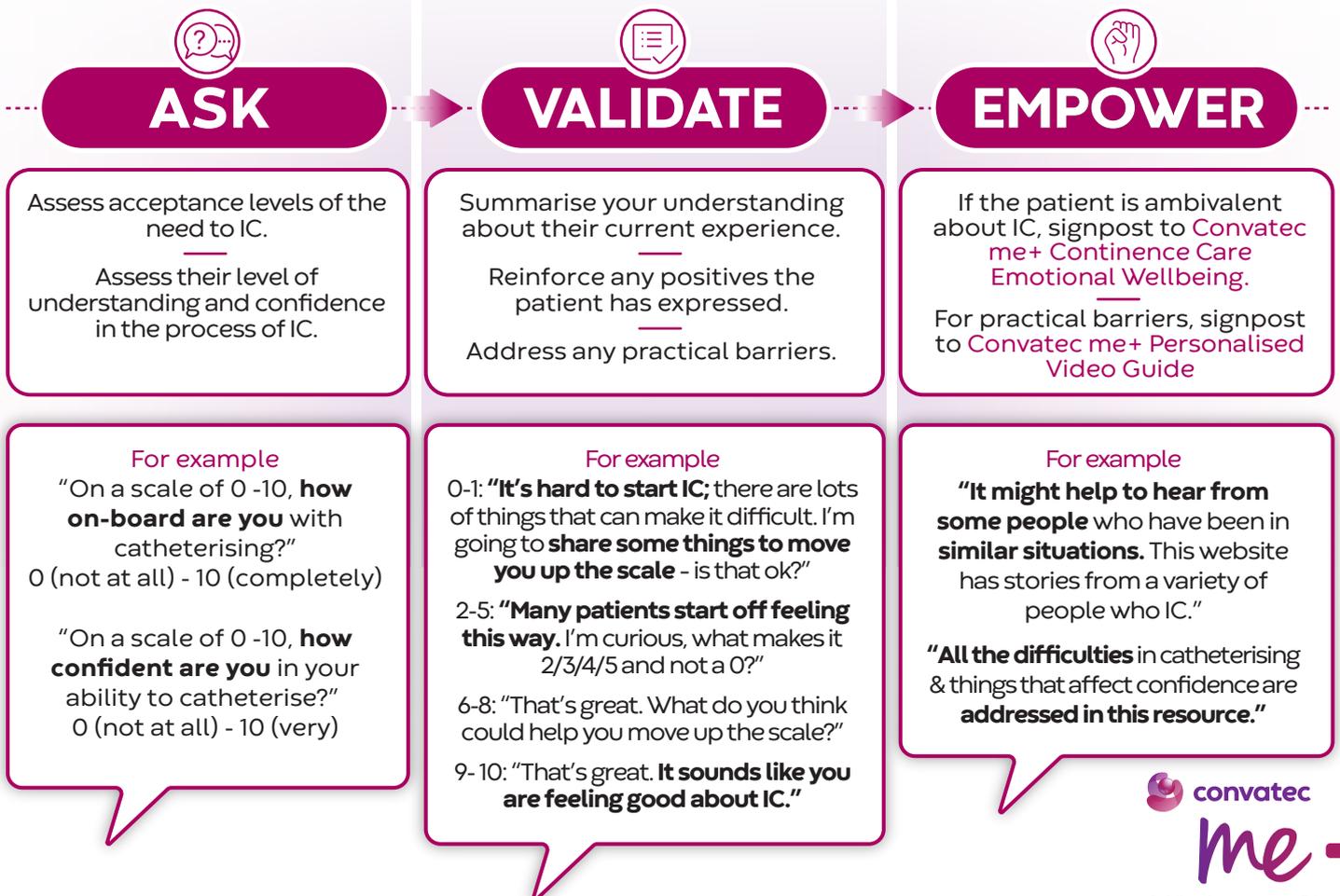
Research shows that when a patient is **accepting and confident** in their understanding and use of IC, it becomes a **positive step towards independence** and control, leading to **less distress, better adherence** and **higher self-efficacy**.¹

The journey of successful adjustment can differ, but these key elements are important.^{2,3}



Gauging the patient's current stage in their IC journey

It's important that both you and your patient gauge their relationship with IC, including ambivalence.



Moving towards adjustment

You can nudge your patients towards adjustment to IC by validating their experience, normalising their concerns, and helping them see that the situation is changeable.

Empathise and summarise what you've heard without judgement. You don't need to fix it, you've already "intervened" positively by asking. Just acknowledging their experience, makes **patients feel heard and appreciated**.

By acknowledging that this is something worth asking about as a healthcare professional, you are doing an important thing: giving them permission to recognise the emotional impact. This facilitates "approach" versus avoidance coping, which is **better for health outcomes and overall emotional wellbeing**.¹



Convatec me+ Continence Care Emotional Wellbeing

Empower your patients to live confidently with IC through 10 specially created modules designed to support your patients on their emotional journey.

REFERENCES: 1. Smith KA, Bishop FL, Dambha-Miller H, et al. Improving Empathy in Healthcare Consultations-a Secondary Analysis of Interventions. J Gen Intern Med. 2020;35(10):3007-3014. doi:10.1007/s11606-020-05994-w. 2. Shaw C, Logan K. Psychological coping with intermittent self-catheterisation (ISC) in people with spinal injury: a qualitative study. Int J Nurs Stud. 2013;50(10):1341-1350. doi:10.1016/j.ijnurstu.2013.01.009. 3. Adams J, Watts R, Yearwood M, et al. Strategies to promote intermittent self-catheterisation in adults with neurogenic bladders: A comprehensive systematic review. JBI Libr Syst Rev. 2011;9(34):1392-1446. doi:10.11124/01938924-201109340-00.

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Guiding the way to confident living with intermittent catheterisation