

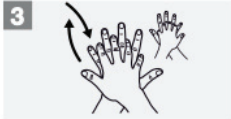
Appendices

Appendix A

HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

🕒 Duration of the entire procedure: 40-60 seconds

0  Wet hands with water;	1  Apply enough soap to cover all hand surfaces;	2  Rub hands palm to palm;
3  Right palm over left dorsum with interlaced fingers and vice versa;	4  Palm to palm with fingers interlaced;	5  Backs of fingers to opposing palms with fingers interlocked;
6  Rotational rubbing of left thumb clasped in right palm and vice versa;	7  Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;	8  Rinse hands with water;
9  Dry hands thoroughly with a single use towel;	10  Use towel to turn off faucet;	11  Your hands are now safe.

Hand care

- Take care of your hands by regularly using a protective hand cream or lotion, at least daily.
- Do not routinely wash hands with soap and water immediately before or after using an alcohol-based handrub.
- Do not use hot water to rinse your hands.
- After handrubbing or handwashing, let your hands dry completely before putting on gloves.

Please remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.

Appendix B

DDD Observation Chart



Patient Name.....

Operation.....

Surgeon.....

Date								
Day of Operation	0	1	2	3	4	5	6	7
Drinking								
Draining								
Dry								
Temp								
Date								
Day of Op	8	9	10	11	12	13	14	15
Drinking								
Draining								
Dry								
Temp								
Date								
Day of Op	16	17	18	19	20	21	22	23
Draining								
Drinking								
Dry								
Temp								

Appendix C

Pelvic Floor Exercises

(Patient information leaflet)

Pelvic floor exercises strengthen the muscles around your bladder, vagina and back passage.

Strengthening your pelvic floor muscles can help stop incontinence and treat prolapse.

Both men and women can benefit from doing pelvic floor exercises.

Find your pelvic floor muscles

You can feel your pelvic floor muscles if you try to stop the flow of urine when you go to the toilet.

It is not recommended that you regularly stop your flow of urine midstream, as it can be harmful to the bladder.

Pelvic floor exercises

To strengthen your pelvic floor muscles, sit comfortably and squeeze the muscles 10–15 times in a row.

Do not hold your breath or tighten your stomach, buttock or thigh muscles at the same time.

When you get used to doing pelvic floor exercises, you can try holding each squeeze for a few seconds.

Every week, you can add more squeezes, but be careful not to overdo it and always have a rest between sets of squeezes.

After a few months, you should start to notice the results. You should carry on doing the exercises, even when you notice them starting to work.



Ishbel with Annet, Joan and Joanta, Kamuli fistula nurses



Ian Asimwe with nurse Scovia



Mhairi and Ishbel