

3

Enhancing life with catheterising

This module has been created to help you recognise automatic patterns that happen when you're anxious about catheterising or dealing with health issues in daily life. By identifying these patterns, you can make adjustments that build confidence and support you in doing things that are important to you.

Before we get started, please fill in your pixel tracker from page 2.



Practical issues of catheterising

As well as worrying about the action and experience of catheterising, people often have other practical worries.

Check the box of the below statements if you have had any of these worries/concerns.

It might take me a long time to do and affect plans or days out

Will public toilets have the right facilities?

I might be delayed by toilet trips

Will I be able to dispose of my catheter discreetly?

Where will I store my catheters?

Will I be able to bring enough catheters out/ away with me?

Watch the videos on-screen to learn more about other users' practical issues and how they navigated them.

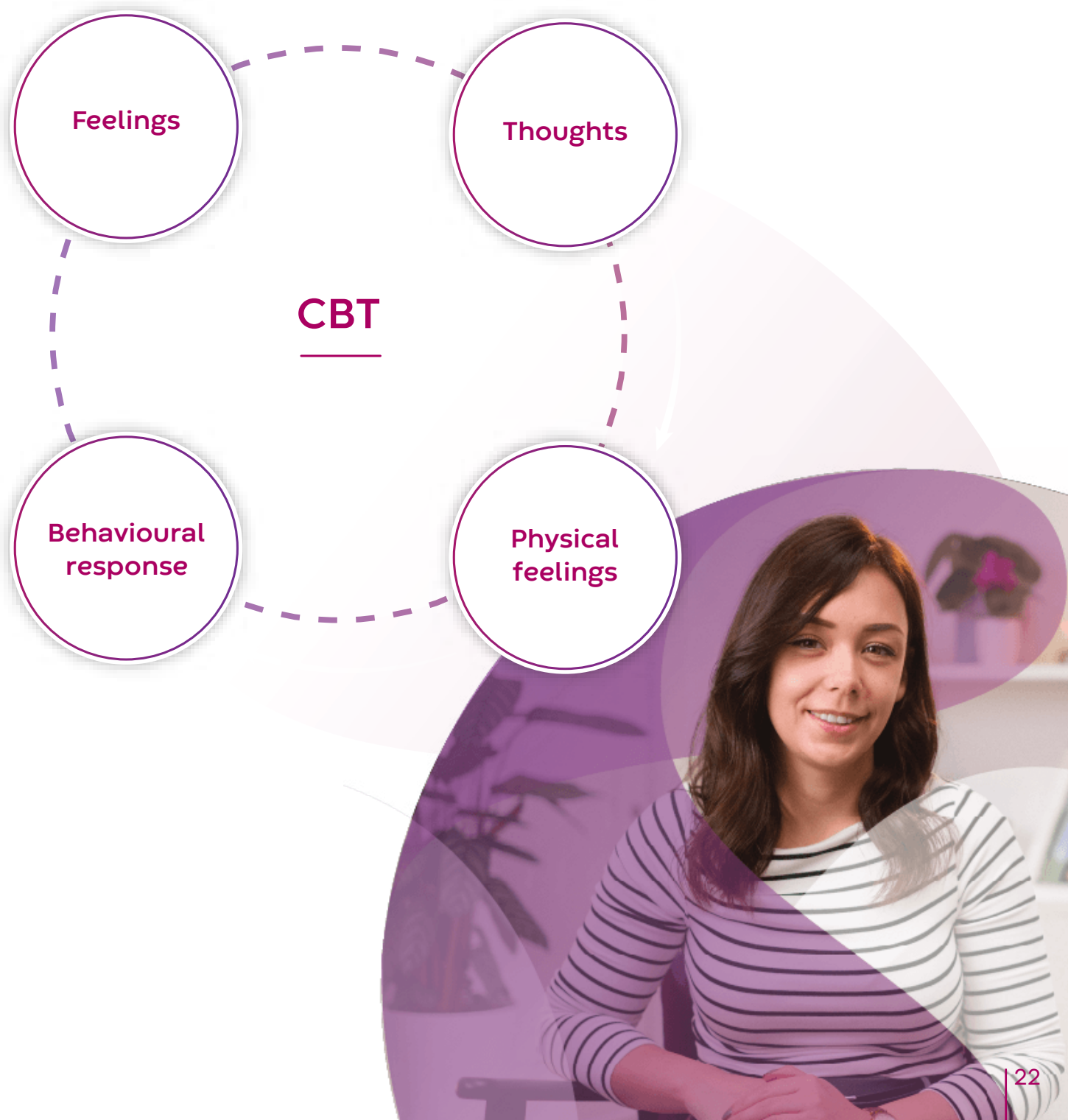
How you respond to practical issues

When we're not already stressed or having to deal with many things, we naturally problem solve practical issues quite well. However, our brain's ability to do this is impeded when the problems are tied up with other difficulties.

CBT framework

CBT helps to clarify how our experiences, influence our thoughts, feelings, and behaviours and how all of these elements influence each other.

Let's look at cognitive behavioural models, also known as CBT.



On the screen now, you'll be able to click through different situations and their potential CBT models.

CBT framework

Once you have clicked through the examples on-screen answer the questions below.

1

Are there any of these situations you can relate to?

2

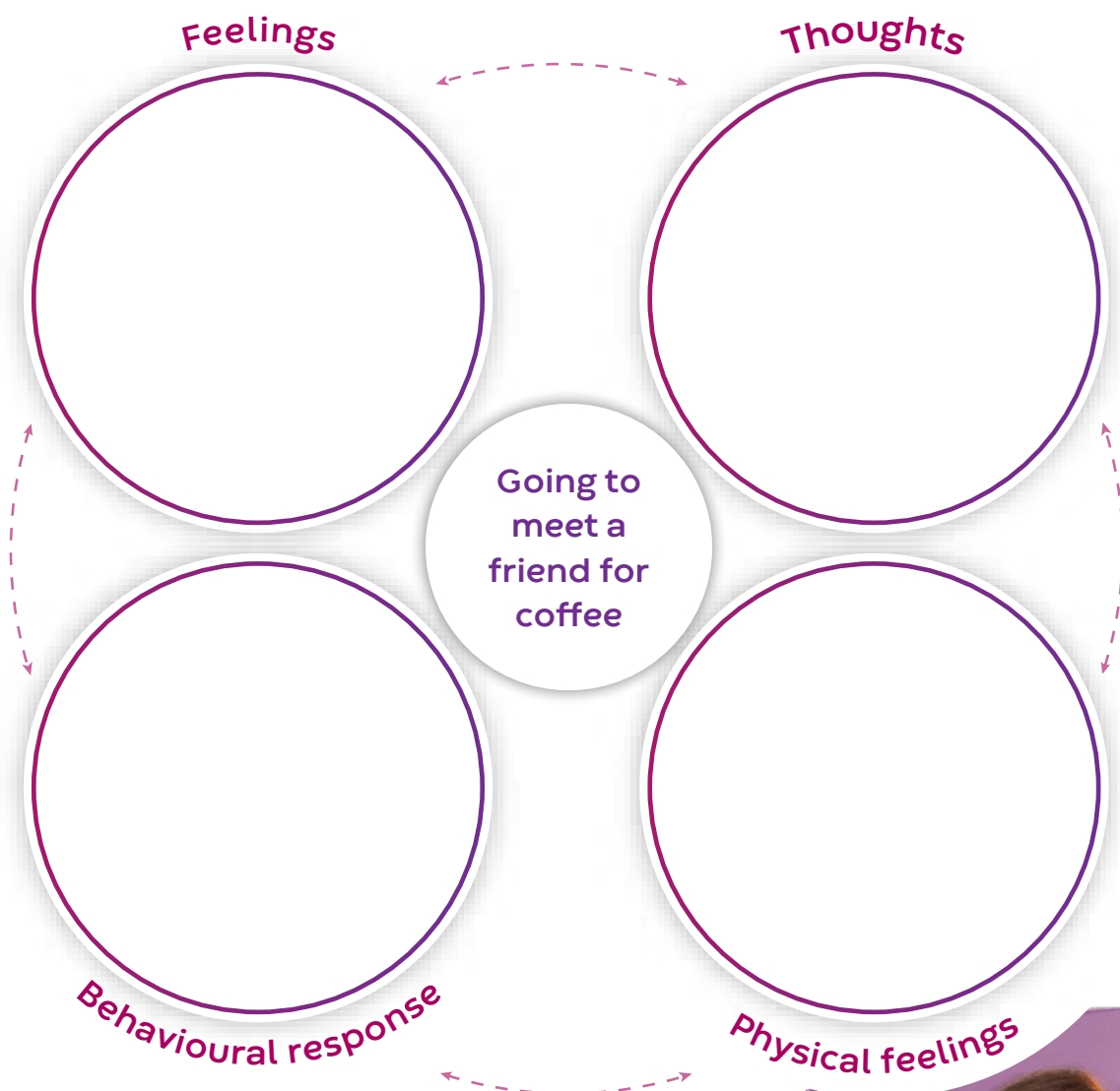
What do you do in these situations?

3

How does this affect your thoughts and feelings?

Think about the different situations you encounter with catheterising and try out filling in your own CBT cycle.

Fill in the blanks in the cycle below.



Think about
what your
thoughts would
be...

How would
these thoughts
make you feel?



Safety behaviours

Safety behaviours are things that we do, designed to keep us safe from things we are worried about, but that can keep issues going in the long run.

Read the examples of safety behaviours on-screen, try to think of two examples of safety behaviours you do and then the issues these may cause and fill these out in the table below.

1

Safety behaviour	Issue

2

Safety behaviour	Issue

Avoidance

Avoidance is where we try to escape the feared scenario or negative thing from happening. There are lots of things we might avoid when you have worries about catheterising.

Read the examples on screen and try writing down three things you may avoid.

1.

2.

3.

Identifying concerns and worries

While listening to Kiera on-screen fill out the information below.

1. Get specific - what is the worry you have?

2. Now identify which category it falls under. On screen there will be examples of different types of worries.

Present worry within your control

Present worry outside of your control

Future hypothetical worry

3. If it is a worry within your control, you can then apply problem solving.

3.1

List as many solutions as you can think of to the problem

3.2

Pick one that feels most accessible and feasible

3.3

If you can action it straight away, do that. If you can't put in a plan and time frames of when you will

3.4

Review the outcome and see if you need to consider other solutions

If there is still something left to solve, go back to step 1

Let's reflect

During module 3 we have learned more about safety behaviours and avoidance.

Before you go, how are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number.

Visual representation of the anxiety rating scale:

Three faces are shown above the scale, with arrows indicating a progression from left to right. The first face is sad (1-3), the second is neutral (4-6), and the third is happy (7-10).

1	2	3	4	5	6	7	8	9	10
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CBT practice

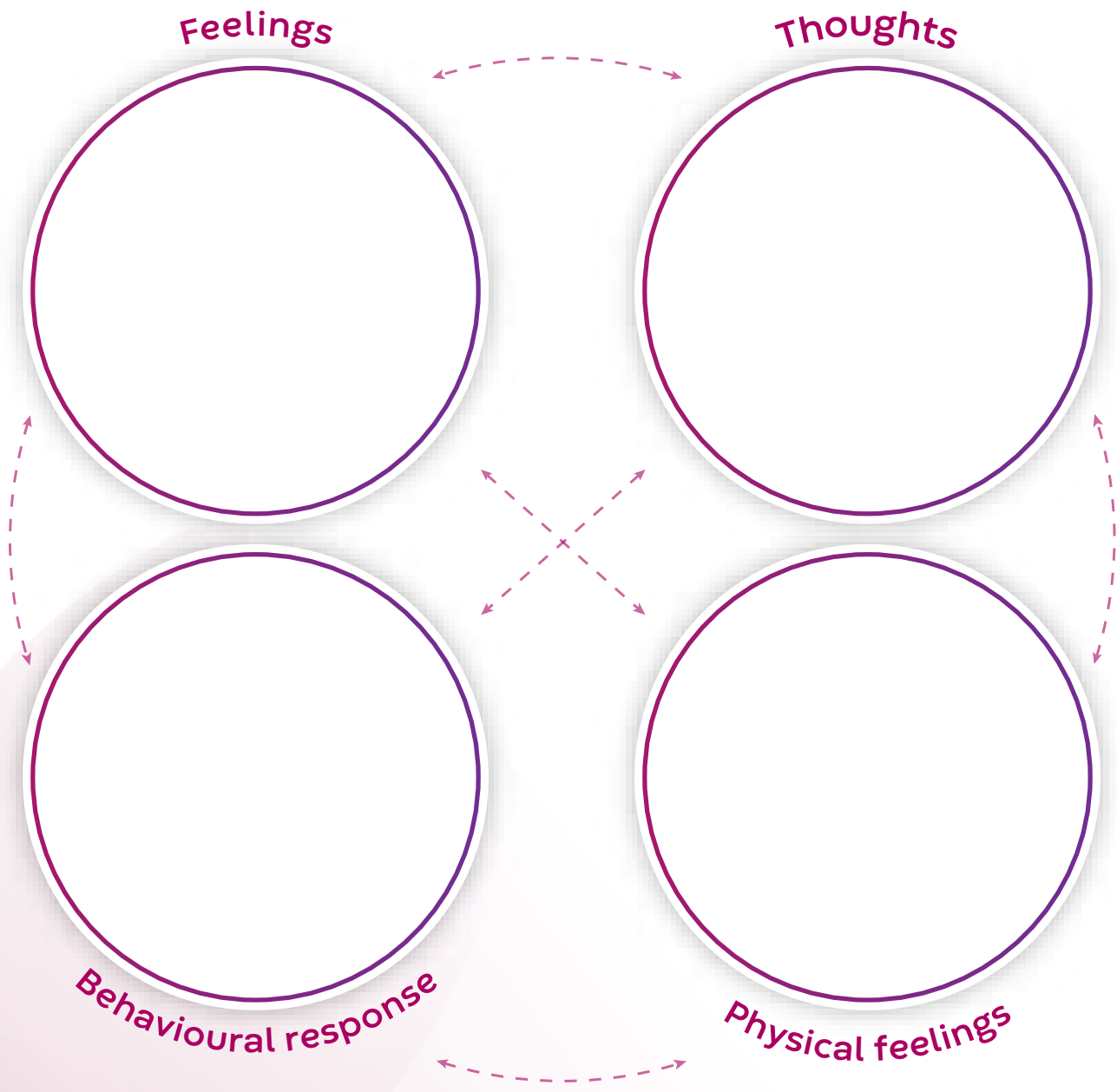
Over the next week, try to think about the different situations you encounter with catheterising.

- What do you do in these situations?
- What thoughts go through your mind?
- How does that affect how you feel?

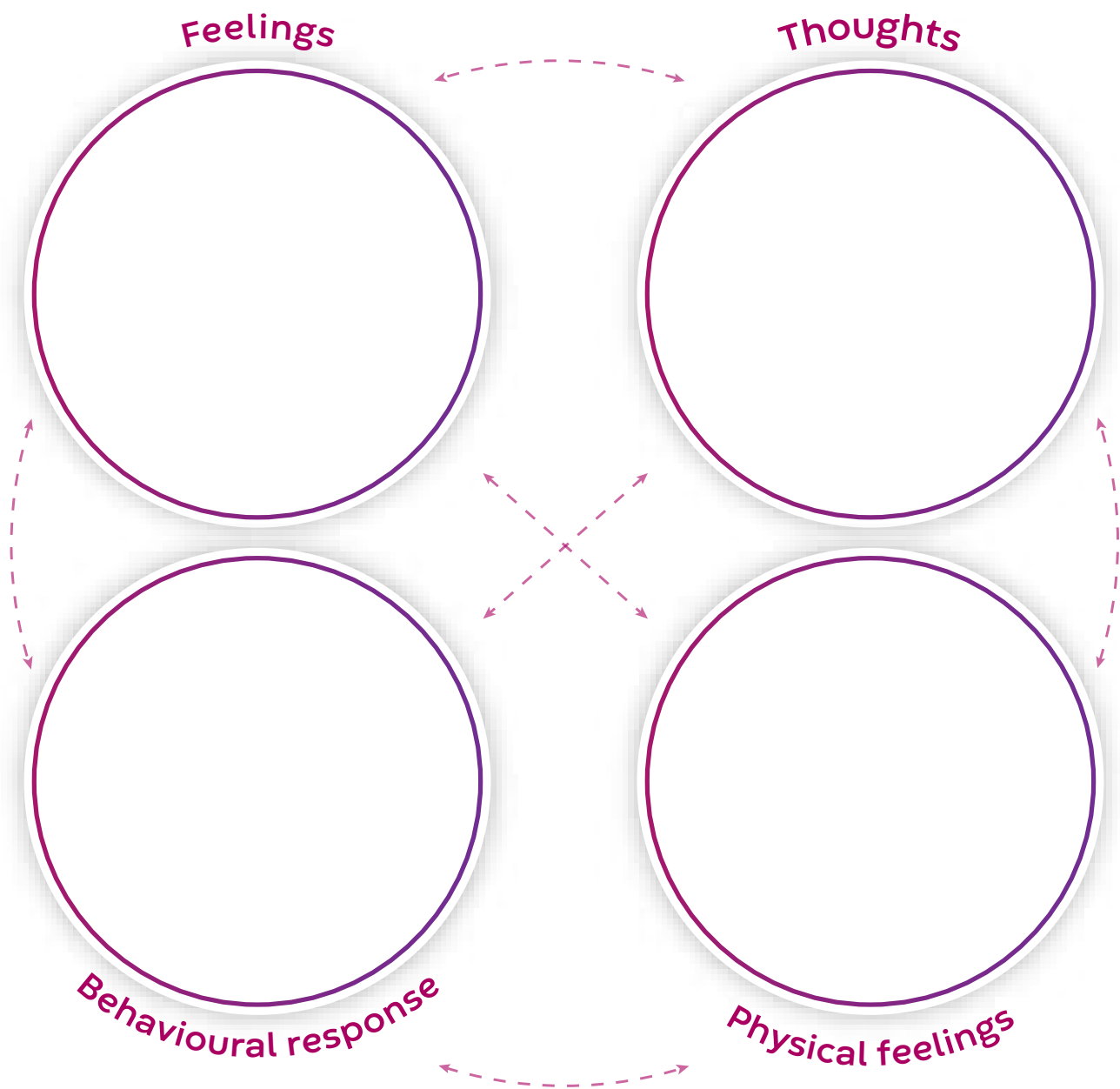
Pick 1-3 situations related to your experience of catheterisation and draw up your own CBT cycle, there are some blank CBT cycles on the page below or download on screen.



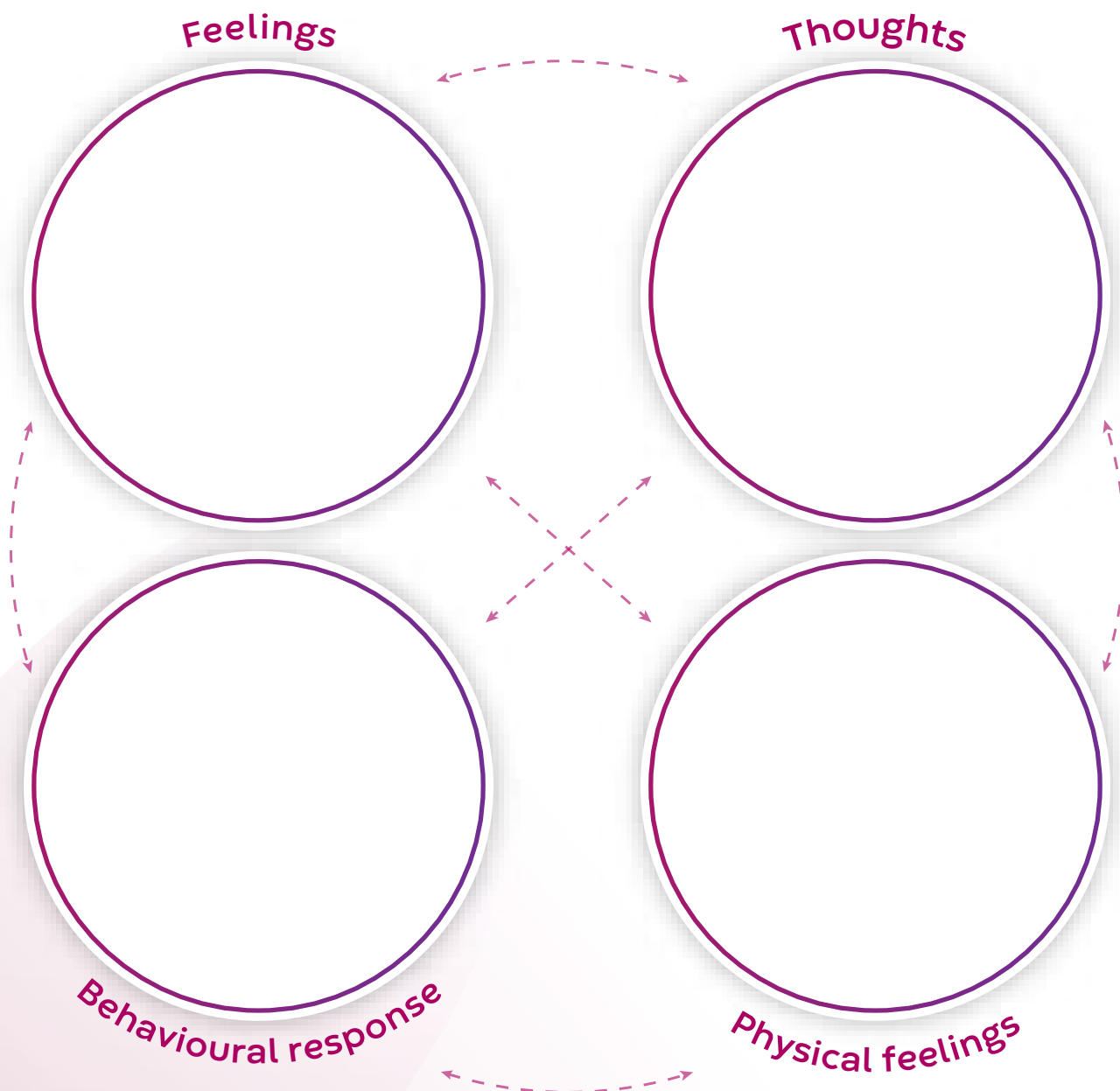
CBT practice 1



CBT practice 2



CBT practice 3



Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or email connection.nz@convatec.com

Notes





Guiding the way to confident living
with intermittent catheterisation

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