

# Contenance Aid Allocation Holder (Blue Bag) Protocol

The Contenance Aid Allocation Holder, also known as the Blue Bag, contains a resident's printed individual continence profile/allocation card (printed from HealthPlus) and their allocated continence aids for a 24-Hour period. The three sections (morning/afternoon/night) correspond to time blocks throughout the day.

- How many and the style, absorbency and size of continence aids allocated is based on the assessed needs of each resident, and their allocation in HealthPlus.<sup>1</sup>
- If the allocation needs to be reviewed or updated, please speak to your Contenance Champion, Nursing Team Leader and/or Clinician Manager.
- Contenance aid usage should correspond to the relevant time of day, see typical process below.
- Noting that each home may have a slightly different internal process of when and how the Blue Bags are refilled within the 24-hour period.
- It's important to align continence promotion strategies to the individual and in a person-centred care manner, adhering to the resident's individual assessments, clinical needs, goals and care plan.
- Contenance aids are designed to be used in collaboration with, and as part of holistic continence promotion strategies and interventions.



## Contenance Aid Allocation Schedule (24-Hour)

### Morning

- Typically applied between 6:00 AM and 12:00 PM (noon).
- The morning continence aid will typically be applied on waking and as part of morning ADLs<sup>2</sup>.
- Some residents may have a 2<sup>nd</sup> continence aid allocated during the morning shift based on individual assessed needs.

### Afternoon

- Typically applied between 12:00 PM (noon) and 6:00 PM.
- The afternoon continence aid will typically be applied after lunch or in the afternoon as required.
- Some residents may have a 2<sup>nd</sup> continence aid based on individual assessed needs.

### Evening & Night

- Typically applied between 8:00 PM and 6:00 AM.
- The night continence aid will typically be applied on settling/retiring to bed at night and/or with evening ADLs<sup>2</sup> and may have a higher absorbency to promote quality sleep.
- Some residents may have a 2<sup>nd</sup> continence aid allocated during the evening/overnight shift, and to be changed as required.

