

Wound, Ostomy and Continence Nursing Certification Board (WOCNCB)

Detailed Content Outline

Certified Continence Care Nurse (CCCN)

Task 1: Assess Principles of Continence		
	030100	18
Skill in:		
a. Performing initial history (e.g., presentation, bowel and bladder habits, medical-surgical, genitourinary, medications, psycho-social, sexuality, dietary habits, pain, smoking)	030101	
b. Obtaining and interpreting diaries (e.g., elimination, intake, leakage)	030102	
c. Performing physical assessment (e.g., abdomen, skin, urogenital, pelvic, neuromuscular, sphincter, post-void residual)	030103	
d. Identifying factors affecting care (e.g., patient and caregiver ability to learn and perform care, economic implications, functional ability, environmental, caregiver support)	030104	
e. Recommending appropriate diagnostic studies (e.g., urodynamics, post-void residual, radiography, endoscopy, laboratory)	030105	
Task 2: Implement Management Principles for Urinary Incontinence		
	030200	18
Skill in:		
a. Differentiating types of incontinence (e.g., transient/reversible, reflex, stress, functional, urge, overflow, mixed, nocturnal enuresis)	030201	
b. Identifying etiologies and contributing factors (e.g., dietary, retention, obstruction, functional impairment, neurological)	030202	
c. Implementing management techniques (e.g., dietary, fluid, behavioral techniques, pelvic floor muscle exercises, environmental modifications, containment devices, absorbent products, intermittent catheterization, pharmacological)	030203	
d. Managing incontinence complications (e.g., Incontinence Associated Dermatitis (IAD), infection)	030204	
e. Educating patient and caregivers on healthy bladder and bowel habits (e.g., emptying maneuvers, skin care, dietary and fluid modification, pelvic floor muscle exercises, preventing urinary tract infection)	030205	
f. Recommending appropriate consultations (e.g., mental health professional, physician and non-physician providers, support groups)	030206	
Task 3: Assess and Manage Stress Incontinence		
	030300	14
Skill in:		
a. Identifying causative factors of stress incontinence (e.g., urethral hypermobility, chronic cough)	030301	
b. Implementing management techniques (e.g., pelvic floor muscle exercises, "Knack")	030302	
c. Recommending appropriate consultations (e.g., devices, biofeedback, electrical stimulation, surgical intervention)	030303	
Task 4: Assess and Manage Urge Incontinence		
	030400	14
Skill in:		

a. Identifying causative factors of urge incontinence (e.g., fluid intake, bladder irritants, dietary factors, overactive bladder, sensory)	030401	
b. Implementing management techniques (e.g., urge inhibition, bladder training, dietary and fluid modification, pelvic floor muscle exercises)	030402	
c. Recommending appropriate consultations (e.g., neuromodulation, biofeedback, pharmacological therapy)	030403	
Task 5: Assess and Manage Functional Incontinence	030500	14
Skill in:		
a. Identifying causative factors of functional incontinence (e.g., physical limitations, cognitive deficits, environmental factors, clothing options)	030501	
b. Implementing management techniques (e.g., fluid intake, individualized scheduled toileting, prompted voiding, environmental modifications, containment options)	030502	
c. Recommending appropriate consultations (e.g., physical therapy, occupational therapy, social worker)	030503	
Task 6: Assess and Manage Other Voiding Disorders	030600	14
Skill in:		
a. Identifying causative factors of other voiding disorders (e.g., transient/reversible, overflow, post-prostatectomy incontinence, mixed incontinence, nocturia, urgency/frequency without leakage)	030601	
b. Implementing an individualized plan of care based on assessment (e.g., double voiding, pelvic floor muscle exercises, dietary and fluid modification)	030602	
c. Implement management techniques for urinary retention (e.g., intermittent catheterization, indwelling catheters, prevention of infection, catheter complications)	030603	
Task 7: Implement Management Principles for Bowel Dysfunction	030700	18
Skill in:		
a. Differentiating types of dysfunction (e.g., fecal impaction, diarrhea, constipation, incontinence, microbial)	030701	
b. Identifying etiologies and contributing factors (e.g., dietary, fluid, obstruction, psychological, functional impairment, neurological)	030702	
c. Recommending/Implementing management techniques (e.g., fluids, diet, exercise, pharmacological, behavioral techniques)	030703	
d. Managing incontinence complications (e.g., containment devices, absorbent products, Incontinence Associated Dermatitis [IAD])	030704	
e. Educating patient and caregivers on healthy bowel habits (e.g., bowel training, skin care, dietary and fluid modification)	030705	
f. Recommending appropriate consultations (e.g., mental health professional, physician and non-physician providers, support groups)	030706	