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ABSTRACT 122

Developing a self-care guideline for community-dwelling older people with faecal incontinence in Indonesia

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Background: Despite evidence suggesting faecal incontinence is prevalent among older people in Indonesia, little has been done to manage this health problem.

Objectives: To develop a multidisciplinary evidence-based written self-care guideline for community-dwelling older people with faecal incontinence in Indonesia.

Methods: Two Delphi studies were conducted. Agreements were reached when at least 75% of participants agreed with each topic being discussed. The first Delphi study involved 17 international experts in faecal incontinence to determine the content of the guideline. The second Delphi study involved 18 local community experts to refine the content to the social context. Community experts included medical doctors, nurses and older people and their family caregivers.

Results: In the first Delphi study experts agreed that 23 topics should be incorporated in the guideline. These topics include normal bowel function, the definition of poor bowel control together with causes, effects, managements, treatments options and information about health care facilities and available resources. Based on the agreed topics, a written draft guideline was developed and distributed to participants in the second Delphi study for further comments. In the second Delphi study, agreements that the developed guideline is suitable and applicable for older people and their family care givers for self-management of faecal incontinence was reached.

Conclusions: We developed a written self-care guideline to be used by family and older people to help manage faecal incontinence in the home setting. Effectiveness of this guideline in changing behaviour remains to be investigated. An audiovisual aid is also proposed as an essential bridge for illiteracy in the Indonesian community.

Key words: *Delphi study, faecal incontinence, self-management, older people*

Principal author's declaration

I, I Gede Putu Darma Suyasa, the principal author of an abstract entitled "Developing a selfcare guideline for community-dwelling older people with faecal incontinence in Indonesia", declare that:

- There is no conflict of interest for all authors during the abstracts submission.
- By submitting this abstract I further certify that the studies described in the abstract that involved human beings conformed to the principles of the Declaration of Helsinki World Medical Association (Clinical Research 1966:14:03) and met all the requirements governing informed consent of the country in which they were performed.
- This abstract meets all of the above requirements and that the authors named are familiar with the data presented and given their consent for submission to WCHA. On behalf of all the authors, I hereby transfer copyright to **WCHA**.