




Term	Definition	Image
<b>Absorbent cloths</b>	Cloths that are used to absorb and/or contain urine or bowel leakage. Absorbent cloths may be washable or disposable. They may be called nappies or diapers.	
<b>Catheter</b>	A soft tube that is used to drain urine from the bladder. Used by some people who cannot empty their bladder independently or voluntarily. There are three main types of catheter. These are intermittent (or nelaton), indwelling (or foley), sheath (or uridome). Depending on the type of catheter, other equipment, such as a leg bag, will be needed.	
<b>Continence</b>	The ability to voluntarily control the bladder and bowel (going to the toilet.)	
<b>Personal hygiene</b>	The ability to keep yourself clean to reduce health risks such as infections, friction or moisture related skin damage.	
<b>Pressure wound</b>	A pressure wound is a breakdown of the skin. It is usually over a bony area and is a common problem for people who have problems with feeling (sensation) or difficulty moving and changing position.	
<b>Incontinence</b>	When a person has difficulty or is unable to voluntarily control their bladder (urinary incontinence) or bowel (bowel incontinence)	
<b>Self care</b>	Self care means looking after oneself. This TAP module focuses on the self care activities a person carries out every day to look after their basic personal needs. For example: washing, going to the toilet, getting dressed, eating and drinking.	
<b>Urethra</b>	The urethra is part of our urinary system. Urine passes through the urethra from a person's bladder to outside of their body.	