



# Kate Sumner

Florence Nightingale Grants and Award Recipient Report

The Nell Espie Study Grant covered the cost of my course fees for the Continence Management unit with Australian College of Nursing. I have now completed this unit and have developed my knowledge of continence management, with a particular focus on women's experience of incontinence through all stages of life.

The unit of study gave me valuable insight into the barriers that women in our community face confronted with incontinence through different stages of life. I continue working as a volunteer nurse educator with WHEN (Women's Health Education Network). In addition to my work with WHEN, this course has given me more insight and increased confidence to discuss the taboo topic of incontinence with women in my professional and personal life.

The Nell Espie Study Grant has enabled me to have a solid base foundation to further my advocacy and work with women in our communities.

