Nurse Practitioner Lead
Geriatric Continence Clinic
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Background

The set-up of this clinic came after a discussion with our partners. The need for geriatric continence care was identified.
Prevalence of urinary incontinence (UI)

Prevalence range from 15-30% of community-dwelling elderly is a fair estimate

Prevalence figures for any urine loss increase with increasing age
Types of UI

- Stress urinary incontinence
- Urge urinary incontinence
- Mixed urinary incontinence
- Overflow urinary incontinence
Impact of Urinary Incontinence on Quality of Life

**Quality of Life**

Physical
- Limitations or cessation of physical activities

Sexual
- Avoidance of sexual contact and intimacy

Occupational
- Absence from work
- Decreased productivity

Psychological
- Guilt/depression
- Loss of self-esteem
- Fear of
  - being a burden
  - lack of bladder control
  - urine odor

Social
- Reduction in social interaction
- Limiting and planning travel around toilet accessibility

Domestic
- Requirements for specialized underwear, bedding
- Special precautions with clothing
The involuntary leakage of urine and the involuntary loss of liquid is something that can be treated, often cured, and always managed.
The clinic

• ½ day per week

• Patients referred by primary care provider/specialist

• Seen by NP

• Collaboration as needed with specialist
Assessment of incontinence

- History and detailed assessment of UI
- Review of medications
- Physical examination
- Assess post-void residual urine
- Urinalysis and Culture PRN
Treatment Plan

- Conservative and behavioural therapy
  (lifestyle interventions, pelvic floor muscle training, bladder retraining, prompted voiding)
- Treatment of constipation
- Pessaries
- ?Medications
- Referral to specialist
Challenges

• Many referrals for pessary fitting in younger women for stress urinary incontinence and/or pelvic organ prolapse

• Increase awareness of the clinic’s goals and potential benefit to patients
Next Steps…

• To find resources to increase number of clinic hours

• Explore the possibility to create a referral process for younger women needing a pessary
References


International Continence Society
http://www.ics.org/

Simon Foundation
http://www.simonfoundation.org/