

## 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

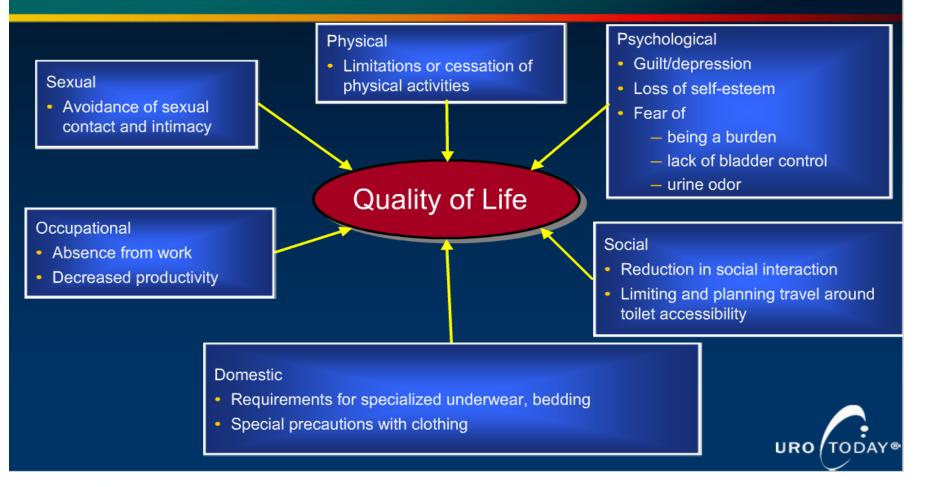


### Types of UI

- Stress urinary incontinence
- Urge urinary incontinence
- Mixed urinary incontinence
- Overflow urinary incontinence



#### Impact of Urinary Incontinence on Quality of Life





The involuntary leakage of urine and the involuntary loss of liquid is something that can be treated, often cured, and always managed.



#### The clinic

- $\frac{1}{2}$  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

Doughty, D.B. (2006). Urinary and fecal incontinence: Current management concepts. (3<sup>rd</sup> Edition). St-Louis, MI: Mosby Elsevier.

Getliffe, K. & Dolman, M. (2007). *Promoting continence: A clinical and research resource*. (3<sup>rd</sup> Edition) London: Bailliere Tindall Elsevier.

International Continence Society <a href="http://www.ics.org/">http://www.ics.org/</a>

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

Skelly, J., Carr, M., Cassel, B., Robbs, L. & Whytock, S. *Promoting continence care: A bladder and bowel handbook for care providers.* Hamilton, Canada: McMaster University Press Custom Courseware.