



Hôpital
Montfort

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



Sexual

- Avoidance of sexual contact and intimacy

Physical

- Limitations or cessation of physical activities

Psychological

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

Occupational

- Absence from work
- Decreased productivity

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

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

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

International Continence Society

<http://www.ics.org/>

Simon Foundation

<http://www.simonfoundation.org/>

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