

HEART BEATS



URINARY INCONTINENCE



Did You Know?

Urinary incontinence affects about 55 percent of all residents living in long term care facilities. The prevalence of urinary incontinence increases with age, but it is not a normal part of aging. It affects more women than men.*

Risk Factors for Urinary Incontinence

Diagnosis/Condition: Benign prostatic hyperplasia, depression, stroke, anxiety, urinary tract infection, Parkinson's, dementia, arthritis of the knees, hips and spine, constipation, fecal impaction, uterine prolapse, prostate cancer, atrophic vaginitis, urethritis.

Environment: Inadequate access to toilet, inappropriate assistive devices, restrictive clothing, use of physical restraints.

Medications: Diuretics, antihistamines, narcotics, anticholinergics.

Other: Excessive intake of caffeine, recent surgery or acute medical illness.

Negative Outcome from Urinary Incontinence

- Falls
- Depression
- Quality of life
- Embarrassment
- Social isolation
- High cost to facility

Benefits of Decreasing Urinary Incontinence

- Improved quality of life
- Minimize sleep disruptions
- Maintain skin integrity
- Minimize psychosocial complications such as depression

*Urinary Incontinence- Clinical Practice Guidelines Published by AMDA 2005

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