Continence: A Matter of Dignity

Care of Chronic and Complex UI

By

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Acknowledgements

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Name       Appearing as          Name       Appearing as
Bob Swensen......Mr. Banks    Dick Brown..............Mr. Clark
Ruth Alpert........Mrs. Banks  Deanna Penn............Supervisor
Susaye Lawson...... Susaye    Sangeeta Bhojwani......Trainee
Nate Lazowick......Mr. Williams Roby Jacobs..............Daughter
Kevin Brown....... Carl, DCSW  Charlene Duff............Shopper, Gift Shop
Dinnie Childs.......Piano Player Sheila Mitchell-Ayers...Shopper, Gift Shop
Clarese Herbert......Mr. William's friend Marie Mangino.............Trainer, as herself
Man at Piano.......Arjun Bhojwani Tanisha Jones.............Testimonial
Nancy Web..........Mrs. Powell  Julie Cohler.............Testimonial
Eric Stewart........Mike, grandson
Ruth Livikoff.........Ruth, DCSW
Special thanks to:

- Henrietta Roberts and Sandy Bailey, of Stapeley in Germantown for coordination of video shoot
- All the residents and staff of Stapeley in Germantown, for their participation and for permitting video production.
- Raybourn Rusk Productions

Review of “Causes, Signs and Prevention”

The first module covered the following objectives as learner outcomes:

- List the common causes of Urinary incontinence (UI)
- Describe the potentially serious effects of not treating UI
- Recognize signs of a UTI
- Discuss effective ways to prevent or reduce episodes of UI and enhance dignity
Learning Objectives
At the end of “Care of Chronic and Complex Urinary Incontinence” you will be able to:

- List the major types of chronic UI and the common signs and symptoms of each
- Explain the importance of preventing constipation in older adults with UI
- Discuss creative approaches to more complex cases of older adults with UI
- Provide care to prevent or reduce episodes of UI and enhance dignity

Types of Chronic UI

- Stress
- Urge /Overactive bladder
- Overflow
- Functional
- Mixed
Stress UI

- Small amount of urine leakage
- Loss of urine with increased pressure in the abdomen from:
  - Coughing
  - Sneezing
  - Laughing
  - Lifting
  - Standing

Stress UI: How You Can Help?

- Set toileting schedule based on a log and stick to it
- Expect small leaks; use a liner
Stress UI: How You Can Help?

- Change more frequently
- Use skin barrier

Mrs. Levy

Urge UI (Overactive Bladder)

- Involuntary loss of urine and a strong urge to urinate that occurs suddenly
  - May be incontinent on the way to the bathroom
  - May be incontinent of a large amount of urine

Mrs. Powell w/walker
Urge UI (Overactive Bladder): How You Can Help

- Encourage person to avoid bladder irritants
- Stick to personalized schedule
- Watch for signs of need to toilet
- Keep urinal or commode handy
- Expect heavier wetting with longer period of dryness

Mrs. Powell’s Success
Case of Mrs. Powell

- Remind the person to avoid bladder irritants (including sodas, caffeine, alcohol and artificial sweeteners)
- Help by establishing a toileting schedule and sticking to it
- Watch for signs of need to toilet

Overflow UI

- Continuous or periodic leakage of small amounts of urine
- Tension in bladder forces muscles to leak small amounts, either continuously or off and on
- Caused by either
  - Blockage at the exit of the bladder (large prostate)
  - Bladder, nerve or muscle damage

Mr. Stanley
Overflow UI: How You Can Help

- Allow time to stand and wait
- Report complaints of discomfort
- Report inability to urinate for more than 8 hours or urination every hour
- Watch for signs of mental status change
- Maintain schedule for toileting

Functional UI

Due to chronic functional impairment:

- Confusion
- Physical disabilities
- Combination

Mr. Clark
Functional UI: How You Can Help

- Set toileting schedule based on the log and stick to it
- Encourage clothing that is easy to remove
- Assist as needed
- Praise successes and effort

Challenging Situations

- Dementia
  - Inappropriate toileting
  - Denial
- Unsafe attempts to toilet
- Chronic constipation
**The Challenges of Dementia and UI**

- Inappropriate toileting
- Denial of incontinence

Mr. Clark

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**Dementia and UI: How You Can Help**

- Never judge or disagree, accept the person’s explanation for wet clothing
- Focus on
  - Changing and cleaning
  - Dignity and respect
- Prompt (remind and encourage) to use the toilet, assist to get there, then prompt again
Right Time, Right Place

Case of Mr. Clark

Focus on:
- Dignity and respect
- Changing and cleaning if needed
- Prompt (remind and encourage) to use the toilet, assist to get there, then prompt again
UI and Unsafe Attempts to Toilet

Due to:

- Difficulty Walking
- Poor vision
- Poor safety judgment

Unsafe Attempts to Toilet: How You Can Help

- Use individualized toileting schedule; be there ahead of time
- Do not rely on call bell
- Do not wait until the person tries to get up
Unsafe Attempts to Toilet: How You Can Help

- Use safe footwear
- Use proper eyeglasses when walking; assist person wearing bifocals
- Provide a bedside commode or urinal to reduce the need to walk alone

Chronic Constipation and UI

- Presence of stool in the pelvis
  - Takes up room in the pelvis so bladder cannot fill up
  - Causes need to urinate more often
  - Increases incontinent episodes
Chronic Constipation and UI: How You Can Help

- Report it
- Encourage
  - Fluid intake
  - Activity
  - Foods rich in fiber
- Avoid constipating food

Objectives Review

Can you now
1. List the major types of chronic UI and the common signs and symptoms of each?
2. Explain the importance of preventing constipation in older adults with UI?
3. Discuss creative approaches to more complex cases of UI in older adults?
Closing

Special Thanks To:

Christine W. Bradway, PhD, CRNP
Assistant Professor of Gerontologic Nursing
University of Pennsylvania
School of Nursing

Mary Ann Forciea, MD
Clinical Associate Professor of Medicine
Director, Primary Care Services
University of Pennsylvania Health Systems

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Illustrator
References and Resources


References and Resources

Web sites:

Collaborative to Support Urinary Incontinence and Women's Health www.stressUI.org

National Association for Continence: www.nafc.org


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