

# Am I Really an Incontinence Care Provider?

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## Objectives

- Define urinary and fecal incontinence
- Identify interventions that support being an incontinence provider
- Explore the evidence hcp are incontinence hcp

## Who Are We?

1. LPN
2. RN
3. Physician
4. Therapist (OT, PT, ST)
5. PA
6. Other



## Which Choice Best Describes Your Work Setting

1. Acute Care
2. Home Care
3. Extended Care
4. Long Term Acute Care
5. Clinic
6. Office
7. Other



Do you believe you are an  
incontinence care provider?

1. Yes
2. No



## Nursing

- Definition
  - Protection
  - Promotion
  - Optimization
  - Prevention
  - Alleviation
  - Advocacy



## Nursing

- Essential features
  - Relationships
  - Attention
  - Integration
  - Application
  - Advancement
  - Influence

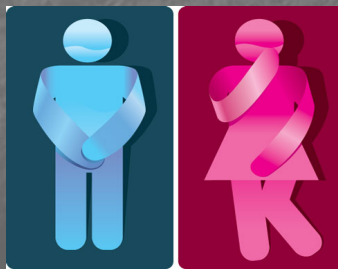
## National Emphasis

- Patient safety
- Quality outcomes



## Incontinence Defined

- Urinary incontinence (UI)
- Fecal incontinence (FI)



## Epidemiology: UI

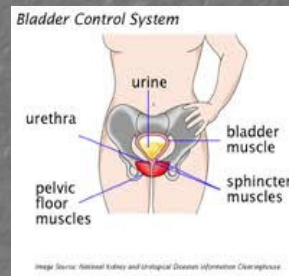
- Urinary incontinence increases with age
- Affects 50-84% of elderly in LTC
- 2 times more common in females





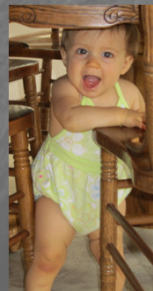
## Types of UI

- Stress
- Urge
- Mixed
- Overflow
- Functional



## Epidemiology: FI

- General community: 0.4% to 18%  
Ages 15-60: 0.8% males, 1.6% females  
> 60: 8.9% males, 7.7% females
- Nursing homes 50%



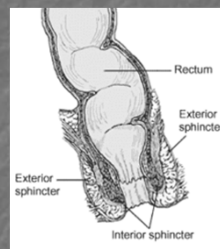
## Fecal Incontinence

- Anal incontinence
- Conditions



## Fecal Incontinence Classifications

- Passive
- Urge
- Seepage and soiling



## Moisture Associated Skin Damage (MASD)

- Definition
- Characteristics



## Evidence

- Standards of Care
- Regulatory
- Research





## Standards of Care

- AHRQ
  - [www.ahrq.gov/](http://www.ahrq.gov/)
- National Guideline Clearing House (NGC)
  - [www.guideline.gov](http://www.guideline.gov)
- Professional organizations
  - WOCN [www.wocn.org](http://www.wocn.org)
  - SUNA [www.sunat.org/](http://www.sunat.org/)
  - AUA [www.auanet.org](http://www.auanet.org)

## Regulatory

- National
  - CMS
  - JCAHO
  - CDC
- State



## Research

- Cochrane Review
- Explore
  - Absorbent products
  - Timed voiding
  - Behavioral interventions
  - Pharmacology



## Absorbent Products

- Light urinary incontinence
- Moderate to heavy



## Timed Voiding

- CIRG 2004
- Summary 2010



## Behavioral Interventions

- Fecal Incontinence
- Pelvic floor exercises



## Pharmacology

- Diuretics
- Sedatives and hypnotics



## Summary



Thank You!

