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.suna.org/](http://www.suna.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!