

Managing Urinary Incontinence in Older Adults: Teaching and Learning Resources



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Case Studies

Instructors may want to use these case studies to augment their lessons. Please note some of the resources must be purchased from other organizations.

- This [Urinary Incontinence Case Study](#) complements the learner module provided in this toolkit. Instructors may want to assign it as a discussion activity or formal assessment of student learning.
- Aquifer Case Study: Geriatrics 03: 88-year-old female with urinary incontinence - This resource requires an institutional subscription to [Aquifer Geriatrics](#), and includes 27 virtual patient cases developed in partnership with the American Geriatrics Society.

Clinical Guidelines

Instructors may want to use one or more of these current clinical guidelines to augment their lessons.

- Abrams, P., Andersson, K. E., Apostolidis, A., Birder, L., Bliss, D., Brubaker, L., . . . Wein, A. (2018). 6th International Consultation on Incontinence. Recommendations of the International Scientific Committee: Evaluation and treatment of urinary incontinence, pelvic organ prolapse and faecal incontinence. *Neurourology and Urodynamics*, 37(7), 2271-2272. doi:10.1002/nau.23551
- Aharony, L., De Cock, J., Nuotio, M. S., Pedone, C., Rifel, J., Vande Walle, N., ... Verdejo-Bravo, C. (2017). Consensus document on the management of urinary incontinence in older people. *European Geriatric Medicine*, 8(3), 210-215. doi:10.1016/j.eurger.2017.04.002
- Aharony, L., De Cock, J., Nuotio, M. S., Pedone, C., Rifel, J., Vande Walle, N., ... Verdejo-Bravo, C. . (2017). Consensus document on the detection and diagnosis of urinary incontinence in older people. *European Geriatric Medicine*, 8(3), 202-209. doi:10.1016/j.eurger.2017.03.012
- Gibson, W., Johnson, T., Kirschner-Hermanns, R., Kuchel, G., Markland, A., Orme, S., . . . Wagg, A. (2020). Incontinence in frail elderly persons: Report of the 6th International Consultation on Incontinence. *Neurology and Urodynamics*, 40(1), 38-54. doi:10.1002/nau.24549
- Nambiar, A. K., Bosch, R., Cruz, F., Lemack, G. E., Thiruchelvam, N., Tubaro, A., . . . Burkhard, F. C. (2018). EAU guidelines on assessment and nonsurgical management of urinary incontinence. *European Urology*, 73(4), 596-609. doi:10.1016/j.eururo.2017.12.031

Readings

Instructors may want to assign one or more of these current readings to augment their lessons.

- Davis, N. J., & Wyman, J. F. (2020). Managing urinary incontinence. *AJN, The American Journal of Nursing*, 120(2), 55-60. doi:10.1097/01.naj.0000654340.42201.54
- Engberg, S., & Li, H. (2017). Urinary incontinence in frail older adults. *Urologic Nursing*, 37(3), 119. doi:10.7257/1053-816x.2017.37.3.119
- Fader, M., Cottenden, A., Chatterton, C., Engqvist, H., Eustice, S., Newman, D. K., . . . Haylen, B. (2020). An International Continence Society (ICS) report on the terminology for single-use body worn absorbent incontinence products. *Neurology and Urodynamics*, 39(8), 2031-2039. doi:10.1002/nau.24488
- Newman, D. K. (2019). Prompted voiding for individuals with urinary incontinence. *Journal of Gerontological Nursing*, 45(2), 14-26. doi:10.3928/00989134-20190111-03
- Vaughan, C. P., & Markland, A. D. (2020). Urinary incontinence in women. *Annals of Internal Medicine*, 172(3), ITC17. doi:10.7326/aitc202002040

Teaching Resources

Instructors may want to use these resources to augment their lessons. Please note some of the resources must be purchased from other organizations.

- American Geriatric Society Geriatrics Evaluation and Management (GEMS) on Urinary Incontinence. This resource is available for purchase from the [American Geriatrics Society](#).
- International Continence Society (ICS) [Glossary of Male and Female Lower Urinary Tract and Pelvic Floor Terminology](#)
- International Continence Society (ICS) [Algorithm for Urinary and Faecal Incontinence in Frail Older Men and Women](#)

Assessment Tools

Listed below are links to assessment tools commonly used to assess urinary incontinence in older people.

- [International Consultation on Incontinence Questionnaire: Urinary Incontinence Short Form \(ICIQ-UI SF\)](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\) Bladder Diary](#)
- [Vulnerable Elders Survey](#)
- [Urogenital Distress Inventory Short Form \(UDI-6\)](#)
- [Incontinence Impact Questionnaire Short Form \(IIQ-7\)](#)
- [Mini-cog](#)

Health Professional Organizations

Instructors may want to share information about health professional organizations that address incontinence.

- [Society of Urologic Nurses and Associates \(SUNA\)](#)
- [Wound, Ostomy, and Continence Nurses Society \(WOCN\)](#)
- [American Urological Association \(AUA\)](#)
- [International Continence Society \(ICS\)](#)

Patient Advocacy Organizations

Instructors may want to direct students towards patient advocacy organizations.

- [National Association for Continence](#)
- [Simon Foundation for Continence](#)
- [Older Americans Act Title III-E \(National Family Caregiver Support Program\)](#)

Patient Education Resources

Instructors may want to direct students towards these patient education materials.

- AARP resources for family caregivers managing incontinence
 - [Managing Incontinence, Episode 1](#)
 - [Managing Incontinence, Episode 2](#)
 - [Managing Incontinence, Episode 3](#)
 - [Managing Incontinence, Episode 4](#)
 - [Managing Incontinence, Episode 5](#)
 - [Managing Incontinence, Episode 6](#)
 - [Managing Incontinence, Episode 7](#)
- Video on toileting and incontinence projects from [Caregiver Action network](#)
- National Institute on Aging (NIA): [Urinary Incontinence in Older Adults](#)

Didn't find what you were looking for?

Search the [Age Friendly Care and Education Collection](#) for other educational resources on this topic.