

Update on Incontinence in Women: Resources for the Health Professional
Satellite Program - February 14, 2002
CME/CEU Sign-up Sheet

Information will be used for CME/CEU application only. Please carefully complete ALL information listed below:

Name _____ **SS#** ____ - ____ - ____ **License #** _____
Address _____ **Daytime Phone** ____ - ____ - ____

E-mail _____

Nurse Social Worker Counselor Urologic Nurse
Nursing Home Administrator Physician (Circle Specialty)

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CME & CEU credit is being requested from appropriate medical specialty organizations. Certificates will be mailed at a later date.

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Program Evaluation

Did the program achieve the educational objectives, as stated in the promotional material?

| Objective | Yes | No |
|---|------------|-----------|
| Understand the types of and diagnosis categories for incontinence | | |
| Understand the risk factors for incontinence in women | | |
| Learn new prevention strategies for incontinence in women | | |
| Learn the latest information about treatment options and management tactics | | |
| Understand incontinence issues in the Hispanic population | | |
| Obtain patient education resources in both English and Spanish | | |

Comments:

Did this program meet with your expectations?

Yes No

Comments:

Were the speakers knowledgeable about the subject matter?

Yes No

Comments:

Did the information presented increase your understanding of this topic?

Yes No

Comments:

(OVER)

Were the instructional methods effective?

Yes No

Comments:

Were the visual aids useful and easy to understand?

Yes No

Comments:

Is the satellite teleconference a good mechanism for program delivery?

Yes No

Comments:

Did you receive adequate notification of the program?

Yes No

Comments:

How did you learn about this program?

Please rate the overall quality of the program, on a scale of 1-5 (5 = excellent and 1 = poor) _____

Comments:

What topics do you recommend for future women's health programs?

Incontinence Resources

National Association For Continence

Toll-free (800) BLADDER

Web site: www.nafc.org

World's largest consumer advocacy organization devoted exclusively to incontinence. Publishes quarterly newsletter and Resource Guide, sponsors educational conferences, collaborates with other organizations to elevate priority on incontinence and promotes health-seeking behavior among consumers needing diagnosis, treatment, and information about management options. Offers a continence referral service to match local experts with patients.

National Kidney & Urologic Diseases Information Clearinghouse

Toll-free (800) 891-5390

Web site: www.niddk.nih.gov

A government clearinghouse for information about kidney and urologic diseases.

National Women's Health Information Center

Toll-free (800) 994-WOMAN

Web site: www.4woman.gov

Sponsored by the Office on Women's Health in the U. S. Department of Health & Human Services. Information on a broad number of health related topics of interest to women, their families, and friends. An information referral service.

National Library of Medicine - MedlinePLUS

Web site: www.nlm.nih.gov/medlineplus/urinaryincontinence.html

A compilation of Internet resources on urinary incontinence.

American Urogynecologic Society

Telephone (202) 367-1167

Web site: www.augs.org

Professional organization comprised largely of urogynecologists and other clinicians who specialize in women's pelvic health, including both urinary and fecal incontinence

American Academy of Family Physicians

Telephone: (800) 274-2237

Web site: www.aafp.org (professional)

www.familydoctor.org (consumer)

Professional organization of family physicians. Search for incontinence to find relevant articles in either site.

American Urological Association

Telephone (410) 727-1100

Web site: www.auanet.org

Professional organization of urologists. Also houses the American Foundation for Urologic Disease that serves as the chief administrator of the Bladder Health Council, a coalition of consumer organizations and healthcare professionals whose mission is to promote annual educational efforts nationally. Has a consumer-friendly Web site: www.incontinence.org

Association of Women's Health, Obstetric, and Neonatal Nurses

Toll-free (800) 673-8499

Web site: www.awhonn.org

Professional organization of OB-GYN nurses. Published a practice guideline on incontinence for nurses in 2000.

American Physical Therapy Association

Toll-free (800) 999-2782

Web site: www.apta.org<https://www.apta.org/Consumer/ptandyourbody/Incontinence>

Professional organization for physical therapists. Look for the Women's Health Division for information about incontinence.

Society of Urologic Nurses and Associates

Telephone (856) 256-2335

Web site: www.sunu.org

Professional organization comprised largely of urologic nurses and therapists. Sponsors annual Multidisciplinary Conference on Incontinence.

CliniWeb International

Web site: www.ohsu.edu/clinweb/index.html

Provides access to medical information on the Internet for medical students and practitioners.

National Institutes of Health Clinical Trials database

Web site: ClinicalTrials.gov

Database of current clinical research studies. Constantly updated.

Wound, Ostomy, and Continence Nurses Society

Toll-free (888) 224-WOCN

Web site: www.wocn.org

Professional organization of nurse specialists focusing on one of three tracks including continence care

Agency for Healthcare Research & Quality

Toll-free (800) 358-9295

Web site: www.ahrq.gov

Publishes evidence-based, clinical practice guidelines on a wide variety of health topics, including incontinence. Is applying incontinence guidelines for community-dwelling adults to LTC nursing facilities through current clinical research.

U. S. Senate Special Committee on Aging

Telephone (202) 224-5364

Web site: www.senate.gov/~aging

Posts a bi-annual report on what the government is doing on aging.

American Geriatrics Society

Telephone (212) 308-1414

Web site: www.americangeriatrics.org

Professional organization for physicians specializing in geriatrics

Incontinence Information Center

Toll-free: (800) 843-4315

Free information about the causes and treatments of incontinence. A list of physicians within the caller's geographic area.

American Medical Directors Association

Toll-free (800) 876-2632

Web site: www.amda.org

Professional association of medical directors of LTC facilities and continuing care retirement communities. Has published clinical practice guidelines on incontinence.

American Society of Colon & Rectal Surgeons

Telephone (847) 290-9184

Web site: www.fascrs.org

Professional organization of surgeons who specialize in diagnosing and surgically treating fecal incontinence.

The Gerontological Society of America

Telephone (202) 842-1275

Web site: www.geron.org

The largest national organization in aging dedicated to advancing research and putting research into practice. A broad membership including healthcare providers and other professionals and groups.

International Continence Society

Telephone 011-49-241-808-9828

Interdisciplinary organization of clinicians and researchers whose focus is incontinence. Strong emphasis on female urinary incontinence.

Alzheimer's Association

Toll-free (800) 272-3900

Web site: www.alz.org

Has local chapters for family support. Sends free literature on Alzheimer's disease and related disorders.

American Diabetes Association

Toll-free (800) 342-2383

Web site: www.diabetes.org

Consumer education material about diabetes and symptoms such as incontinence.

American Foundation for Urologic Disease

Toll-free (800) 242-2383

Web site: www.afud.org

Consumer information about urologic diseases and conditions (bladder, kidney, prostate, and sexual function)

American Parkinson's Disease Association, Inc.

Toll-free (800) 223-2732

Web site: www.apdaparkinson.org

Consumer information about the treatment of Parkinson's Disease and its symptoms.

Interstitial Cystitis Association of America

Toll-free (800) 435-7422

Web site: www.ichelp.org

Provides patient education material about IC and promotes IC research.

International Foundation for Functional Gastrointestinal Disorders

Toll-free (888) 964-2001

Web site: www.iffgd.org

Educational information for individuals who suffer from a wide variety of GI disorders including IBS, constipation, diarrhea, and fecal incontinence. Also covers pediatric disorders.

National Multiple Sclerosis Society

Toll-free (800) 344-4867

Web site: www.nationalmssociety.org

Provides funding for research, public and professional education, and advocacy regarding MS. Supports 140 chapters nationwide.

National Spinal Cord Injury Association

Toll-free (800) 962-9629

Web site: www.spinalcord.org

Maintains information on spinal cord injury and offers a children's program. Nationwide network of chapters and support groups.

National Stroke Association

Toll-free (800) STROKES

Web site: www.stroke.org

Educational materials and guidance to the public and healthcare professionals.

The Simon Foundation for Continence

Toll-free (800) 23-SIMON

Web site: www.simonfoundation.org

Education to the public about incontinence through books, videos, and support group programs.

United Cerebral Palsy Association

Toll-free (800) 872-5827

Web site: www.ucpa.org

Family support, worksite accommodations, and services for individuals with CP.

In Illinois

Illinois Department of Public Health, Office of Women's Health

Toll-free telephone: 1-888-522-1282

Web site: www.idph.state.il.us/about/owh.htm

Offers information, referral and grant funding for a wide variety of women's health topics.

Illinois Department on Aging

Toll-free telephone: 1-800-252-8966

Web site: <http://www.state.il.us/aging>

Provides services to help senior citizens remain independent in their own homes.

Update on Incontinence in Women: Resources for the Health Professional

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Scope of the Problem

- 25 million Americans, majority women
- Rarely discussed with doctor
- Not a part of aging. Affects all ages
- In 1995, \$29 billion spent; less than 4% on treatment

Scope of the Problem

- 50,000 surgical admissions average cost = \$7,355
- Associated with depression, sexual dysfunction and recurrent UTI
- Among top reasons for nursing home placement

Incontinence Is...

- A symptom of an underlying medical condition
- NOT urgency and frequency, unless accompanied by loss of bladder control and urine
- Leakage of bowel or bladder contents

Types of Incontinence

- Stress
- Urge
- Mixed
- Overflow
- Reflex

Childbearing Young Women

- 1/3 experience during pregnancy and 3 months postpartum
- Linked to incontinence in later life
- Prevention essential
- Kegel exercises important

Young to Middle Aged Adults

- Low level of symptoms
- May have tried interventions
- “Quick and easy” fixes
- Simple treatments best

Elderly

- Other medical conditions
- Susceptible to falls
- At risk of nursing home placement
- Age-related bladder changes
- Decreased awareness/ability to comply
- Increased nighttime urine production
- Mobility issues

**Lifestyle Issues
Contribute to Risk Factors**

- Obesity
- Cigarette smoking
- High fluid consumption
- Multiple vaginal deliveries
- Estrogen replacement therapy

Women and Incontinence

- Become incontinent earlier
- Gradual onset of symptoms
- Less likely to get treatment
- Live with it longer
- Ineffective treatments
- Comfortable with management

The Bladder

Empty box for notes under 'The Bladder' header.

A Complex System

Empty box for notes under 'A Complex System' header.

Non-Surgical Treatments For Stress Incontinence

- No medications yet
- Vaginal devices
- Local estrogen replacement therapy
- Bladder retraining
- Lifestyle interventions

Surgical Interventions for Stress Urinary Incontinence

- Abdominal Burch urethropexy
- Suburethral sling/vaginal suspension
- Injections/implants near bladder neck

Treatments for Urge Incontinence

- Behavioral interventions
- Pelvic floor muscle exercises
- Medication
- Sacral nerve stimulation

Treatments for Overflow Incontinence

- Clean intermittent catheterization
- Pelvic muscle training
- Proper voiding techniques

Treatments for Reflex Incontinence

- Medication
- Catheterization
- Pelvic floor muscle exercises

The Pelvic Floor

Preventing Urinary Incontinence

- Adequate fluid intake
- Minimizing alcohol and other irritants
- Timed “double” voiding every 3 hours
- Pelvic muscle exercises
- Prevention of constipation
- Weight control, good posture
- Control over reliance on medication

Private Insurance Coverage

- Varies from plan to plan
- Diagnostics and surgery for treatment generally are covered
- Absorbent products ARE NOT covered
- Prevention/patient ed. ARE NOT covered
- Deductibles, in-network requirements, co-pays, referral authorizations apply

**Medicaid/Medicare
Coverage**

- Biofeedback therapy are covered
- Surgical implants, devices, procedures are covered
- Drugs may be covered; check your state
- Management products ARE NOT covered unless in a qualified facility

**National Association
For Continence**

1-800-BLADDER

WWW.NAFC.ORG

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Toll-Free Helpline**

1-888-522-1282

Illinois only

**Illinois Department
On Aging
Toll-Free Line**

1-800-252-8966

Illinois only

For More Information

Illinois Department of Public Health
Office of Women's Health
1-888-522-1282 (Illinois only)
1-217-524-6088 (outside Illinois)
Www.idph.state.il.us
Owh@idph.state.il.us

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1-800-BLADDER
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