



Resources to Support Incontinence Management for Residents Living in Nursing Homes

Incontinence Management Training Module

The Vanderbilt Center for Aging Quality training module provides instructions and protocols for accomplishing each of the four steps required to implement an effective prompted voiding program. The four implementation steps are: 1) conduct a basic resident evaluation, 2) assess resident responsiveness to prompted voiding, 3) implement time-saving strategies to maintain prompted voiding programs, and 4) conduct periodic control checks to help ensure incontinence care quality. Incontinence management forms, FAQs and other links are also provided. <http://www.mc.vanderbilt.edu/root/vumc.php?site=cqa&doc=43434>

Guideline: Urinary Incontinence

Developed by the American Medical Director's Association, the Urinary Incontinence Clinical Practice Guideline is a tool to guide care decisions through a process of addressing urinary incontinence in the long term care facility resident. The document includes a narrative portion that covers terminology, definition, purpose and scope, sites of care, outcomes, HIPPA, cross-cutting issues in transitions of care, implementation of a care transition program. Hard Copy: member \$32, non-member \$42. Electronic Copy: Member \$26, non-member \$34. <http://www.paltc.org/product-store/urinary-incontinence-cpg>

Guideline: Urinary Incontinence: the Management of Urinary Incontinence in Women

This guideline, shared in AHRQ's National Guideline Clearinghouse, offers best practice advice on the care of women with urinary incontinence for initial and ongoing assessments and investigations, interventions and practices considered, appropriate use of conservative and surgical treatment options, management and treatment and implementation guidelines and tools. <https://www.guideline.gov/content.aspx?id=47099>

Incontinence Resource Manual

Pathway Health Service's F315 Incontinence *QuickPath* 2014 manual provides tools to assist leaders in reviewing their internal incontinence management program: incontinence (urinary and bowel) policy and procedures, assessment components and samples, incontinence care plan, identification of types of incontinence, monitoring tools. \$49. <http://www.shoppathwayhealth.com/f315-incontinence-quickpath/>

Wound, Ostomy and Continence Nurses Society Core Curriculum: Continence Management

A text for nurses practicing or studying fecal and urinary continence care. Provides guidance on patient management, pathology and physiology basics, urinary incontinence and voiding dysfunction, physiology of normal defecation and voiding, assessment of UI and lower urinary tract symptoms, and step-by-step direction on nursing procedures. \$79. <http://www.lww.com/Product/9781451194418>

Urinary Incontinence Toolkit

Developed by Practicing Physician Education in Geriatrics to help physicians better understand the common 'Geriatric Syndromes.' The Urinary Incontinence Tool Kit is used for initial

evaluation of a patient with urinary incontinence, collects baseline information and background information important in differential diagnosis. Contains educational materials, suggested guidelines, forms and tools for evaluation, diagnosis and treatment.

<http://www.gericareonline.net/tools/eng/urinary/>

Hartford Institute for Geriatric Nursing

Information on urinary incontinence including forms

“Urinary Incontinence Assessment in Older Adults Part 1: Transient Urinary Incontinence”

“Urinary Incontinence Assessment in Older Adults Part 2: Persistent Urinary Incontinence”

<https://consultgeri.org/patient-symptoms/unable-control-urine> (under “tools”)

Consult Geri – A clinical website from the Hartford Institute for Geriatric Nursing

Provides information on urinary and fecal incontinence – inter-professional assessment and collaborative interventions.

<https://consultgeri.org/patient-symptoms/unable-control-stool>

<https://consultgeri.org/patient-symptoms/unable-control-urine>

Choice and Preference Toileting Assistance (CAPTA) Training Manual

This manual was part of a 2010 project funded by the Retirement Research Foundation of Chicago, and includes an overview of incontinence management, and four steps including evaluation of residents for incontinence, assessment of resident responsiveness to prompted voiding, implementation of time-saving management strategies, and continuously monitoring incontinence care, and FAQs. http://www.cas.miamioh.edu/bridgeproject/capta_manual.htm.

Additional information can be found here:

http://www.cas.miamioh.edu/bridgeproject/capta_schedule.htm

Effective Management of Urinary Incontinence in Long-term Care Facilities Manual

Shared by HealthInsights, Qualidigm’s manual provides nursing homes with tools to educate staff on assessment and effective management of urinary incontinence. Includes a Train the Trainer Manual, with an overview of UI for RNs presentation, and an overview of UI for CNAs presentation. <http://healthinsight.org/Internal/assets/Nursing%20Home/INCONT%20-%20UI%20Final.pdf>

CMS State Operations Manual, Interpretive Guidelines for F-315

Guidance to surveyors on Urinary incontinence, F Tag 315 is provided. The guidance includes urinary incontinence definitions, overview, resident choice, UI assessment, UI types, interventions including catheters and UTI, the investigative protocol and determinations of compliance.

https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltf.pdf

(pages 266-301)

Practical Management of Urinary Incontinence in the Long-Term Care Setting

Article by Jayna M. Holroyd-Leduc, MD, FRCPC, Courtney H. Lyder, ND, and Cara Tannenbaum, MD, FRCPC, MSc, 2006, discusses presents an overview of key aspects of the revised CMS F-315

regulation, and it provides clinical algorithms for the effective management of urinary incontinence in long-term care consistent with the interpretive guidance. Available at: <http://www.annalsoflongtermcare.com/attachments/5367.pdf>

Urinary and Fecal Incontinence in Nursing Home Residents

Article by Felix W. Leung, MD, Professor of Medicine and John F. Schnelle, PhD, Hamilton Chair Professor, 2008, discusses the pathophysiology and treatment options for urinary incontinence and fecal incontinence. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2614622/>

Other

American College of Obstetricians and Gynecologists: www.acog.org

- Urinary incontinence: <https://www.acog.org/-/media/For-Patients/faq081.pdf?dmc=1&ts=20160321T1152420001>

American Urological Association – Urology Health: www.urologyhealthy.org

- Patient education materials: <http://www.urologyhealth.org/educational-materials>

National Association for Continence: www.nafc.org

National Kidney and Urologic Diseases Information: www.niddk.nih.gov

- Fecal incontinence: <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/fecal-incontinence/Pages/facts.aspx>
- Urinary incontinence in men: <http://www.niddk.nih.gov/health-information/health-topics/urologic-disease/urinary-incontinence-in-men/Pages/facts.aspx>
- Urinary incontinence in women: <http://www.niddk.nih.gov/health-information/health-topics/urologic-disease/urinary-incontinence-women/Pages/facts.aspx>

The Simon Foundation for Continence: www.simonfoundation.org