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](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](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](https://www.guideline.gov/content.aspx?id=47099)

Incontinence Resource Manual

Wound, Ostomy and Continence Nurses Society Core Curriculum: Continen ce 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](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.

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.urologyhealthy.org/educational-materials

National Association for Continence: www.nafc.org

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

The Simon Foundation for Continence: www.simonfoundation.org