



***URINARY INCONTINENCE AND THE  
GERIATRIC PATIENT:  
A NURSING RESOURCE***

## **URINARY INCONTINENCE & THE GERIATRIC PATIENT: A NURSING RESOURCE**

is a home study unit based on a 72-page printed manual with 44 illustrations, which is mailed to students when they register. It includes 7 case studies for self-assessment and a post test that is returned by mail after completion.

The target audience includes professionals working in home and long term care and geriatric rehabilitation, and those caring for community dwelling seniors. The aim of the course is to increase understanding of the initial and conservative management of older adults who are experiencing problems with bladder control, and the importance of focusing on their cognitive, psychological and physical needs.

### **Objectives:**

On completion of this unit the participant should be able to:

1. Describe the normal physiology of urine storage and micturition, and the impact of aging and factors outside the lower urinary tract on bladder function
2. Understand an evidence-based approach to assessment and management of urinary incontinence in older adults including the frail elderly
3. Understand the difference between transient and established urinary incontinence
4. Assess and manage transient causes of urinary incontinence in older people
5. Understand how to assess and manage established urinary incontinence in older people
6. Understand the types of established incontinence
7. Make appropriate use of two tools for the assessment and management of urinary incontinence in the older person
8. Understand the use of evidence-based interventions for the management of incontinence in the older person (lifestyle interventions, behavioural therapies, pessaries, pharmacotherapy, surgery, and containment products)
9. Implement lifestyle and behavioural therapies in management of incontinence in the older person
10. Advise patients about containment devices used in urinary incontinence.

This home study program is provided by *Griffiths Urodynamics and Pro-Continence Consulting*

**Authors:** Gloria Harrison is a Nurse Continence Advisor and Research Coordinator in Edmonton, Alberta. Derek Griffiths is a medical scientist specializing in bladder problems who lives in Edmonton and currently researches geriatric incontinence at the University of Pittsburgh. In 1993 he and Gloria Harrison helped to establish a nursing-based continence service for assessment, management and educational program for people with incontinence.

### **Planning committee:**

Derek J Griffiths PhD (Chairperson)  
Gloria M Harrison RN, NCA (Program Coordinator)  
Linda Organist MSN, CRNP  
Jane A Schulz BSc, MD, FRCSC  
Adrian Wagg MB, BS, FRCP, FHEA

### **Continuing Education Credit:**

Upon receipt of post test (with a score of 70% or more) and evaluation form, a certificate for 6 contact hours will be awarded and sent to you. We will also include a discussion of any incorrect answers. All post tests must be received within one year following the date of registration..

### **Questions?**

Contact Gloria Harrison  
telephone or fax: 780-438-2341  
email: [info@learncontinence.com](mailto:info@learncontinence.com)  
website: [www.learncontinence.com](http://www.learncontinence.com)  
Mail: 11127-24 Avenue NW,  
Edmonton, Alberta T6J 4P7

## **Registration form: Incontinence & the Geriatric Patient**

Name: \_\_\_\_\_

RN/LPN Reg. #: \_\_\_\_\_

Title/position: \_\_\_\_\_

Facility/employer: \_\_\_\_\_

Preferred mailing address: \_\_\_\_\_

City: \_\_\_\_\_

Province/state: \_\_\_\_\_

Postal code/Zip: \_\_\_\_\_

Email address: \_\_\_\_\_  
(or phone number)

### **Registration fee:**

\$125/course (+ \$6.25 GST in Canada)  
The registration includes the 72-page manual together with forms for copying, post test, and evaluation form.

**Payment must accompany registration form. Make cheques payable to Griffiths Consulting.**

### **Mail registration form and payment to:**

Griffiths Consulting  
11127-24 Avenue  
Edmonton, Alberta T6J 4P7, Canada

(valid from March 2011)