



***A WORKSHOP ON INCONTINENCE
AND
THE GERIATRIC PATIENT***

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GERIATRIC PATIENT is a half-day workshop for health professionals, especially those working in home care, long term care, and geriatric rehabilitation, and those caring for community-dwelling seniors. The cost of a half-day workshop is \$600, but length, content, and cost can be tailored to suit your needs: please contact us.

Example outline:

- 1) Introduction to geriatric incontinence: definition and special characteristics, prevalence and impact, physiology and changes with aging, transient and established incontinence
- 2) Transient incontinence: causes, assessment and management, DIAPPERS mnemonic, case study
- 3) Established incontinence: types, history and symptom assessment, physical examination, management plan based on International Consultation on Incontinence algorithm
- 4) Interventions: lifestyle, behavioural and pharmacological management strategies for stress and urge incontinence, significant post-void residual urine, containment products.
- 5) Case studies, for example:
Mrs N is 76 years old and is community-dwelling. She presents to you with fatigue related to a 3-month history of waking 4 times at night to void. She has had a recent onset of night-time incontinence. Her symptoms include frequency q2h, and incontinence on the way to the bathroom 2 to 3 times per night. Following a full assessment, what would you recommend to this patient as a management plan?



To book a workshop and discuss your special needs, please contact us:

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Objectives:

On completion of this workshop the participants should be able to:

1. Understand 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 and established incontinence in older people, using a specific tool.
5. Understand the use of evidence-based interventions for the management of incontinence in the older person (lifestyle interventions, behavioural therapies, pessaries, pharmacotherapy, and containment products)

This workshop is provided by *Griffiths Urodynamics and Pro-Continence Consulting*

Faculty: 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. They have presented many workshops and seminars on incontinence in Western Canada.