

Improving Quality of Life by Managing Urinary Incontinence

June 12, 2014

Training via Video Conference from
Aging and Adult Services Division,
Minnesota Department of Human Services

Presenter

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Description

Urinary Incontinence (UI) is not a normal part of aging. Identifying the underlying cause is an important part to achieve effective treatment. Men and women can be at risk for incontinence to specific medications, disease processes, and physical changes. Women who have given birth have an increased risk of becoming incontinent. Incontinence has a huge impact on the quality of life by affecting a person's self-esteem, causing an increase in dependence, isolation, and can lead to institutional placement.

Some common reversible causes of UI are bladder infection, illness, decreased mobility and medications. After the infection or illness is resolved the person's previous bladder function should be regained. There are five types of chronic incontinence: Stress, Urge, Mixed, Overflow, and Total. Stress UI is the leakage of small amounts of urine as a result of pressure on the bladder. This can occur when we cough, sneeze or laugh. Urge incontinence is when there is a desire to void but the person is unable to wait long enough to get to the bathroom. Mixed is the combination of stress and urge incontinence. Overflow occurs because the bladder never fully empties, causing the person to leak small amounts of urine in-between toileting. Total UI is complete loss of bladder control. The first step in managing incontinence is obtaining an accurate and comprehensive UI history.

The evaluation of the person with UI is a team effort including social services, dietary, therapeutic recreation, and therapy in LTC. A Root Cause Analysis (RCA) approach is taken to determine the underlying cause of UI. Through RCA strategies, a plan can be developed to improve or maintain the level of UI.

Target Audience

- EW/AC lead agency staff
- Home care agency staff
- Senior Service Providers
- Nursing facility staff

- Anyone interested in promoting continence and managing incontinence

Learning Objectives

- Goal 1*** Identify common reversible causes of UI
- Goal 2*** Identify the different types of UI
- Goal 3*** Identify common interventions used to treat UI
- Goal 4*** Describe root cause analysis in the investigation of UI
- Goal 5*** Identify strategies to improve UI

Pre-registration is required

Each person needs to [register](#). Registration closes at 5:00 p.m. on the Monday prior to the session. By registering, you understand that the session will be videotaped with the possibility of your visual and audio likeness being recorded for reproduction and distribution.

Handouts and Resources

Presentation handouts and resource materials will be distributed to registered participants via email attachment 1-2 days before the scheduled session. Print and bring your own copies to the session. Copies may not be available at the site. Those individuals interested in receiving handouts only, can make this request via the registration survey.

Cancellations

Video-conferencing sites without any registered participants prior to the registration close date will be cancelled. If you register, but are unable to attend, please cancel your reservation through the web link using your confirmation number prior to the registration close date. This allows others to participate in the training.

Certification

Certificates for continuing education are available for participants at the site. Note: Video-conference training sessions have not been submitted for prior approval to any licensing board.

Accommodations

Individuals with a disability who need a reasonable accommodation to participate in this event may indicate "special request" when registering. Please make requests as early as possible.

DVD Ordering

Copies of the session may be available for ordering after the session ends. If the presenter(s) gives approval, you can order copies from the registration page.

Times and Locations

The conference will be offered at the sites and time below. Note: sites that are filled are listed as FULL on the registration system and cannot accept additional people. You must

choose another site. Additional sites added after this announcement was published are identified on the registration page.

Start Time: 10:00

Duration: Two hours

<i>Building</i>	<i>Street Address</i>	<i>City</i>
Big Stone County Family Services Center	340 NW Second St	Ortonville
Douglas County Human Services	809 Elm Street, Suite 1186	Alexandria
Fillmore County Courthouse	101 Fillmore Street, Commissioners Board Room	Preston
Hennepin County Government Center	300 S 6th Street, Room 1713	Minneapolis
Kandiyohi County Health and Human Services	2200 23rd Street NE, Room 2057	Willmar
Morrison County Social Services and Public Health	213 SE First Avenue, Small Room	Little Falls
Nicollet County Government Center	501 South Minnesota Ave, EOC Room	St. Peter
Olmsted County Community Services Center	2100 Campus Drive SE, Room 243	Rochester
Polk County Government Center	612 N Broadway, Suite 101	Crookston
Ramsey County Human Services	160 East Kellogg Blvd., Room 3150	St. Paul
St. Louis County Government Center	320 West Second Street, Room 206	Duluth
Stevens County Public Health	10 Highway 28 East	Morris
Todd County SCHA Public Health	212 Second Avenue South	Long Prairie
Wadena County Social Services	124 First Street SE, Board Room	Wadena

Web streaming Option

You may view the session via web streaming at the below links. Do not register for one of the sites. Register for Materials Only to receive the handouts. People participating through this method will NOT be provided a certificate of attendance for CEU certification.

Questions or problems using the links may be directed to MNIT Central at 651 297-1111. Use prompt 2, then #, then 1 for support staff.

Live: <mms://stream2.video.state.mn.us/oet-live>

Archive: <mms://stream2.video.state.mn.us/oet/dhsurinaryincontinencemgmtprog061214.wmv>