

Bree Johnston MD MPH

• **Epidemiology**

- Over age 65, 15-30% in the community, more common in women than men, 10% women have severe or daily symptoms
- Up to 50% in long term care facilities
- Associated with falls, isolation, nursing home placement

• Workup

- Rule out transient or potentially reversible causes
 - Delirium
 - Infection
 - Atrophic vaginitis
 - Psychiatric (severe depression)
 - Pharmaceuticals (alpha agonists, anticholinergics, diuretics, sedatives)
 - Endocrine (or excess urine output): diabetes mellitus, insipidus
 - Restricted mobility
 - Stool impaction
- Keep a bladder diary to help characterize pattern, AUA score in men
- Physical Examination
 - Men and women: General features (mobility, mental status, smell of urine, grooming), general neurologic exam, rectal (impaction), post-void residual (PVR)
 - Women: check for prolapse, vaginal atrophy, “pad test” for stress incontinence, check ability to do pelvic muscle exercises (“Kegel”) during bimanual examination
 - Men: prostate exam

• Diagnosis: Characterize type of incontinence

- Stress: History of leaking with cough, laugh, sneeze, or standing
 - Usually low PVR, positive pad test

Urge: Inability to get to bathroom on time

- Usually low PVR, negative pad test
- May co-exist with stress
- Overflow: Associated with higher PVRs, may be associated with palpable bladder
 - Due to flaccid detrusor
 - Due to sphincter obstruction (BPH most commonly)
- Functional: due to mobility problems

• **Nonsurgical Treatments**

Notes

Evidence

- | | | |
|---|----------------------------------|---|
| ○ Urge incontinence | | |
| ▪ Bladder retraining | Use in cognitively intact | A |
| ▪ Prompted voiding | Use in cognitively impaired | A |
| ▪ Oxybutinin | Anticholinergic SE’s common | A |
| ○ Stress incontinence or mixed stress and urge incontinence | | |
| ▪ Pelvic muscle exercises 30-60 times daily for 6+ weeks | | A |
| | May be combined with biofeedback | A |
| ▪ Bladder retraining | Use in cognitively intact | A |
| ▪ Prompted voiding | Use in cognitively impaired | A |
| ▪ Alpha agonists | May raise blood pressure | A |

