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Seeking treatment for urinary incontinence in patients over 50 years of age

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Purpose: In search of health care and treatment for urine leakage in the Quality Home Care Services, elderly population.

Sample: The sample includes patients over 50 years old with diagnosis of urinary incontinence.

Method: The method includes measuring the frequency of urinary incidents by using a 3-day bladder diary before and after intervention, Kegel pelvic floor muscle exercises to strengthen the pelvic floor, monitoring of diet/hydration, observation of participants one to three times a week.

Intervention: Agency for Healthcare Research and Quality (AHRQ) incontinence protocol is the evidenced-based intervention.

Data Collection: The data collection includes the counting of eleven entries posted on the bladder diary. The information will show how many urinary voids, how many incident of leakage counted for night-time, how many incidents during the day while walking, exercising, coughing laughing and sneezing. This analysis will result in the percentage and frequency that the intervention has helped to reduce or stop urinary incontinence.

Results of Findings: TBD

Implications for Future Research: Dissemination of practice guidelines improves the quality of health care outcomes

Nurse's cultural change, and continual functional assessment targeting interventions to allay UI, can decrease nursing home placement for the elderly

Continuing to assess, intervene, and prevent negative impact of patients' functional decline to decrease resource utilization and healthcare cost

Additional research and identification of factors influencing functional deterioration in the elderly is needed.

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