



NR578 Standardized Procedure Worksheet

Name:

Carefully read the assignment guidelines and rubric and complete each section of the worksheet below.

1. Definition

a. Disease or condition

Urinary incontinence in the older adult is any leakage of urine that is unanticipated (Pizzol et al., 2021).

b. Pathophysiology

The pathophysiology of incontinence in the older adult is complex and multifactorial, beginning with the aging process itself (Pizzol et al., 2021). As the body naturally ages the urethral muscles weaken and the bladder loses tone and spasticity reducing the older adult's ability to control their urine flow. Muscular hyperactivity and hypercontractility can lead to strong sudden urges to urinate leading to increased prevalence of urinary incontinence. Hormonal changes, as seen in postmenopausal women, also affect the urinary tract's epithelium leading to increased prevalence of incontinence (Batmani et al., 2021). Enlarged prostate in the older male precipitates acute obstruction at the bladder neck and urethra causing overflow incontinence associated with urinary retention (Drake et al., 2023). Neurological factors and nerve damage plays a role in incontinence for the older adult such as personal history of stroke, dementia, diabetes, and Parkinson's disease. Functional impairments such as

arthritis or dementia make it difficult for the older adult get to the bathroom also contributing to the pathophysiology of incontinence in the older adult (Pizzol et al., 2021).

c. Incidence and prevalence

Urinary incontinence is a common issue in the older adult in the United States (Batmani et al., 2021). According to BMC Geriatrics this includes a prevalence of 25-45% of women and 5-15% of men that suffer from some sort of urinary incontinence and the prevalence typically increases with age in the United States (Batmani et al., 2021). Furthermore, urinary incontinence in the older adult varies by setting. For example, residential care facilities report 75% of older adults experience urinary incontinence, and home health agencies report 50% of patients experiencing urinary incontinence. The incidence of urinary incontinence according to the Journal of the American Geriatrics Society (Schmuhl et al., 2021) varies significantly by age and gender. For example, for women aged 54-74 the incidence rate is about 20% where as by age 75 the incidence increases to nearly 35%. The incidence rate for men is significantly lower, approximately 10% for men aged 55-74 and nearly 15% for 75 and older (Schmuhl et al., 2021).

2. Assessment

a. Symptoms

Any involuntary loss of urine (Pizzol et al., 2021).

b. Physical Exam

Evaluation of urinary incontinence in the older adult includes classifying and characterizing the type of incontinence and identifying reversible causes. This can be