

Occupational Therapy Toolkit

Urinary Incontinence - Prevention and Treatment

Complications:

Falls (urge, functional incontinence)
Skin breakdown
Social isolation
Accelerated need for long-term care placement

Occupational Therapy Intervention:

ADL training including but not limited to...

Treat underlying physical limitations to safety and independence

Instruct in ability to manage and select the right absorbent products (don/doff, changing timely, dispose of)

Instruct in ability to clean self thoroughly after toileting, recommend flushable wipes, instruct to clean front to back

Instruct in ability to manage clothing during toileting, recommend alternative clothing if necessary to ease on and off, minimize fasteners

Instruct in toilet transfer with adaptive equipment - grab bars, raised toilet seats

Provide alternatives to using a toilet (male and female urinals bedpan and bedside commodes)

Reinforce instruction about following healthy bladder habits

Reinforce bladder training, pelvic muscle exercises, urge inhibition training

Patient Education:

1. Healthy Bladder Habits