



**Home Health Aide On-the-Go In-Service Lessons:
Vol. 2, Issue 6: Urinary Incontinence (Home
Health Aide on-the-Go in-Service Lessons, Volume**

2)

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This lesson on Urinary Incontinence includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - thereu2019s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to:

- Define urinary incontinence (UI)
- List four causes of urinary incontinence
- Name three basic components of a bladder re-training program
- List four key points in caring for patients with urinary incontinence

OVERVIEW Urinary incontinence is a widespread problem. The prevalence among older adults living in the community is estimated at 20% to 38% for women and 10% to 19% for men. Over half of the institutionalized older adults have urinary incontinence. Given the census of the average homecare agency, it is not surprising that many of the patients have some degree of urinary incontinence, particularly those who receive home health aide services. In addition to the psychosocial issues surrounding urinary incontinence, the condition is a contributing factor in several adverse events reported for home health agencies. There is an increased likelihood of falls which may lead to an increase in emergent care for falls. Incontinence predisposes a person to development of skin breakdown and urinary tract infections. In addition, one of the most commonly listed reasons for nursing home placement is urinary incontinence. Therefore, unresolved urinary incontinence could result in an unexpected nursing home admission as well. There are two Outcome-Based Quality Improvement reports (Improvement in Urinary Incontinence, Emergent Care) that could be negatively affected by the presence of urinary incontinence. Home health aides play a crucial role in helping patients improve in urinary incontinence. They also may be important in identification of patients with this condition. Since many patients are very reluctant to discuss incontinence with physicians and nurses, it may be the home health aide, assisting the patient with hygiene, who first identifies the problem. The purpose of this in-service program is to provide information that will enhance the ability of the home health aide to help patients with urinary incontinence.

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