



# Provider Resource Guide: Improving Bladder Control

## Importance of Screening for Bladder Control Issues

Seniors who experience urinary incontinence may socialize less and become less independent. Some adults report worse physical health, mental health and quality of life. Adults in general may be uncomfortable and embarrassed to discuss this topic with their doctors. Discussing bladder control issues with patients can help address and reduce symptoms while offering suggestions, procedures and programs that have been proven effective.

Patients 65 or older, especially those who had a problem with urine leakage in the past 6 months and/or received treatment during the year, are good candidates to screen for bladder control issues.

## Take Action

- Use a screening tool, such as the [3 Incontinence Questions screening tool](#)
- Initiate the discussion of bladder control with patients. Ask if it has affected their daily life or sleep.
- Discuss treatment options or other interventions which may include medication therapies, behavioral therapies, electrical stimulation and surgical and palliative/supportive treatments, and or lifestyle recommendation changes.
- Determine if your patients need to follow up with a urologist.

**Note:** Referrals are not required for patients with Jefferson Health Plans (Medicare).

## Suggested Screening Questions

- In the past six months, have you experienced leaking of urine?
- Do you often feel the sudden urge to go to the bathroom?
- Are you leaking urine before you get to the bathroom?
- Are you going to the bathroom more often than you used to go?
- Are you waking up from sleep to go?
- Have you discussed treatment options with a doctor or another health care provider?

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