Successful preventive education of lower urinary tract dysfunction and promotion of independence in toileting skills for elderly citizens, a cooperative activity with urologists, physiotherapists, occupational therapists, nursing staffs, care staffs, non-profit organization staffs administered by local city government

Hypothesis / aims of study

In aging society, it is important for citizens and communities to keep citizens’ healthy life expectancy, not deteriorating into frail status. For healthy aged life, we hypothesized that independence in urinary tract function and toileting skills are important. Thus, we examined the need for prevention, intervention and treatment of urinary tract dysfunction (LUTD) and explore the comprehensive interventions to citizens, directed by local community government with the cooperation by multiple occupations.

Study design, materials and methods

The questionnaires asking LUTD and need for prevention, intervention and treatment were filled out anonymously by 1,000 citizens living in Kitakyushu city, Japan. This survey was conducted by Ministry of Welfare, Kitakyushu local city government.

Results

- **Response rate (63.7%)**
  - Half of daily independent elderly over 65 years old without dementia living at home need diaper, pads, portable-toilet or assistance.
  - There are variations in voiding status who need diapers, pads, portable-toilet or assistance.
  - There are several unfavorable aspects in using diapers or pads, which are considered to be related to the deterioration of physical and mental status (frail).
  - Citizens favoured to manage these annoyances and problems by themselves, not consulting to urologist, general practitioner, nursing or care staffs, even not to their own family members.
  - Major source of care information was care practitioners.
  - The need for LUTD care is high, favoured anonymous telephone consulting services by the LUTD consultants rather than medical practitioners.

Concluding message

Interventions for preventive education of LUTD and promotion of independence in ADL for elderly citizens, a cooperative activity with multiple medical, nursing, care, and rehabilitative staffs, administered by local city government, has been successfully established.