

Start	End	Topic	Speakers
11:30	11:50	Etiologies and Assessment of Older Adult Population with UI	Frankie Bates
11:50	11:55	Discussion	Frankie Bates
11:55	12:15	Conservative Treatment of LUTS in an Older Adult Population. A Nursing Approach.	Angie Rantell
12:15	12:20	Discussion	Angie Rantell
12:20	12:50	Identifying exercise components in a basic routine and Conservative Treatments for elderly with UI. A physiotherapy Approach.	Heather Moky
12:50	13:00	Questions	All

Aims of Workshop

The aim of this workshop is to focus on our older adult population with urinary incontinence in a community dwelling setting. The importance of combining services to improve patient treatment outcomes is essential. Understanding the mechanisms of continence will help the audience appreciate a greater understanding of why UI is more commonly seen in our older adult population. A brief overview of the different types of urinary incontinence will be given as well as how to evaluate an older adult with urinary incontinence.

The conservative management options for urinary incontinence will be given from both a nursing and physiotherapy perspective.

Learning Objectives

Understand the essential elements of clinical assessment in the older person with lower urinary tract symptoms.

Target Audience

Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

Adult Conservative Management Incontinence 6th Edition 6th Int. Cons. On Incontinence Toyko. Sept 2016 1443-1629

Abrams P, Cardozo L, Wagg A, Wein A, editors. Incontinence. 6th ed. Bristol, UK: International Continence Society; 2017

Evans, WJ. (1999) Exercise training guidelines for the elderly. *Medicine and Science in Sports and Exercise* 31(1):12-17

Bassey, E. Joan. (2001) The benefits of exercise for health of older people. *Reviews in Clinical Gerontology* 10 (1): 17-31

Daniels et al (2008) Interventions to prevent disability in frail community-dwelling elderly: a systematic review. *BMC Health Services Research* 8:278