Medical Treatment of Urinary Incontinence +/- Behavioral Interventions in Nursing Home Residents

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BACKGROUND

- Urinary incontinence (UI) is a common problem among nursing home (NH) residents, impacting nearly 60% of patients residing in this setting.
- Numerous medications are FDA approved to treat UI; however, the benefits of medical therapy to treat UI in this setting may be limited when used in isolation, particularly in residents with mobility limitations.
- Existing data among NH residents suggests that medical therapy used without concomitant behavioral interventions (assisted bathroom visits, bedside commode, etc.) does not substantially reduce incontinence episodes.

OBJECTIVES

- The primary objective is to determine how frequently residents of NH who are being treated for UI receive concomitant treatment with behavioral interventions.
- To identify the most common medications and types of behavioral interventions utilized to treat UI among NH residents.
- To identify patient characteristics that predict concomitant treatment with medical therapy alone or behavioral interventions vs. medical therapy alone among NH residents experiencing UI.

METHODS

Study Design
This is a cross sectional investigation

Study Population
NH residents aged 65 years and older residing in facilities in the Southern Illinois region who were actively being treated with medical therapy for UI

Data Collection
Data was collected via nursing staff in a de-identified fashion and maintained in an Excel spreadsheet

Data Analysis
Data was summarized and analyzed using simple descriptive statistics for most variables: the identification of patient characteristics that predict concomitant treatment vs. medications therapy alone was planned, if sufficient sample size obtained

IRB Approval
The investigation was approved by the IRB Southern Illinois University Edwardsville

RESULTS

Demographics (N = 12)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Age 70-79</td>
<td>33%</td>
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<tr>
<td>Age 80-89</td>
<td>33%</td>
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<tr>
<td>Age 90+</td>
<td>25%</td>
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<tr>
<td>M/F</td>
<td>7/5</td>
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</tbody>
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Most Common Medications

- Mirabegron: 42%
- Tamsulosin: 67%
- Finasteride: 25%

CONCLUSION

- Only one-third (33%) of NH residents in our sample were receiving concomitant behavioral interventions along with medical therapy.

REFERENCES


