



# Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 3: Incontinence

*Beacon Health a division of HCPro, Cheryl McDaniel RN MSN*

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Contrary to popular belief, incontinence - the loss of bladder or bowel control - is not normal. Although the likelihood of incontinence increases as an individual gets older, it is not a regular part of aging. In older patients, incontinence commonly involves more than one cause. Often, scheduled toileting, prompted voiding, or habit-training methods can be used to manage the causes and reduce incontinence episodes.

Patients who experience urinary or BI are not at fault. Incontinence is not a sign of laziness or carelessness. Afflicted patients suffer from a health problem that, like other disorders, is caused by certain ailments and can be managed with the use of specific treatments. A complete understanding of the condition will allow HHAs to provide the highest level of care to incontinent patients.

## LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Identify the common causes of urinary and bowel incontinence (UI and BI, respectively)
- Recognize the types of UI
- Provide incontinent patients with the highest level of care

## Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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