

Occupational Therapy's Role in Urinary Incontinence

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What is incontinence?

- The involuntary loss of urine
- Types:
 - Stress
 - Urge
 - Mixed

Is Incontinence A Normal Part of Aging?



<https://ispot.tv/a/IPwf>

How Common is Incontinence?

- Over 33 million Americans experience some form of incontinence (NAFC, 2020)
- The two most common types of urinary incontinence that affect women are stress incontinence and urge incontinence, also called overactive bladder.
- Incontinence affects twice as many women as men. This may be because pregnancy, childbirth, and menopause may make urinary incontinence more likely.
- Urinary incontinence is **not** a normal part of aging, and it can be treated.



What is the financial cost of incontinence?

- The US government is estimating that 2020 will cost \$86.2 billion dollars for incontinence.
- The average woman spends \$900/year.
- *Journal of Managed Care Pharmacy (2014)*



When does incontinence occur?

- **Some** of the more common activities that can lead to leakage include (this is **NOT** an all inclusive list):
- Coughing
- Sneezing
- Laughing
- Exercising or Working out
- Having sex
- Lifting something heavy
- Standing up
- Getting in or out of a car



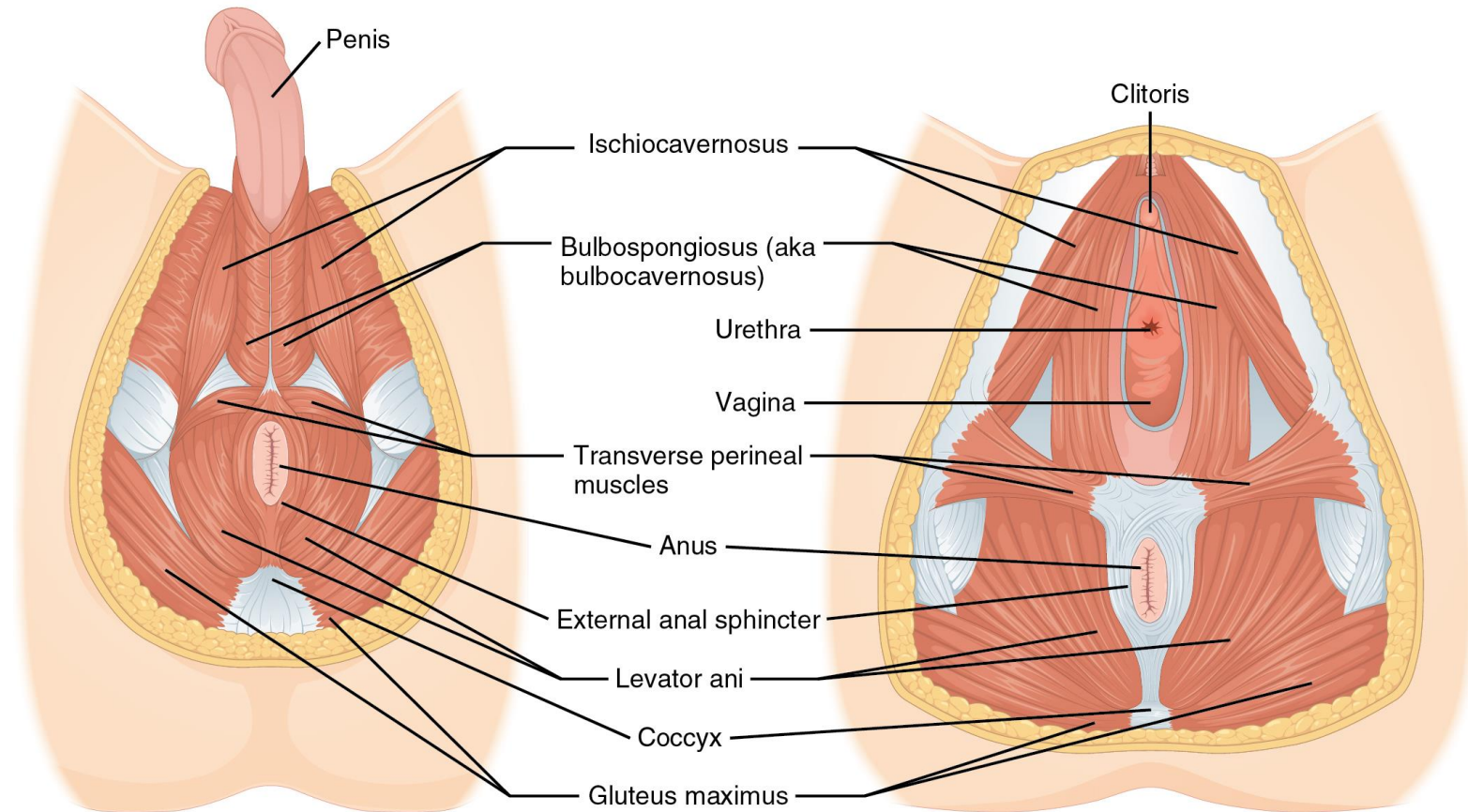
It can happen to anyone...
anywhere!



What causes incontinence?

- Loss of pelvic muscle tone
 - aging or childbirth
- Hysterectomy (or any other surgery that affects your pelvic floor)
- Nerve and muscle damage from childbirth or surgical trauma
- Obesity
- Menopause
- Chronic coughing due to smoking and lung disease
- Anatomical predisposition
- Repeated heavy lifting or high impact sports
- *Again, this is **NOT** an all inclusive list

What Makes Up The Pelvic Floor?



Male perineal muscles: inferior view

Female perineal muscles: inferior view

- **Muscles of the superficial perineal pouch:**
 - Ischiocavernosus
 - Bulbospongiosus or Bulbocavernosus
 - superficial transverse perineal
- As nouns the difference between **bulbocavernosus** and **bulbospongiosus** is that **bulbocavernosus** is the **bulbospongiosus** muscle while **bulbospongiosus** is (anatomy) one of the superficial muscles of the perineum, covering the bulb of the penis in males and the vestibular bulb in females.
- **Function:**
 - Move blood from the crura into the body of the erect penis and clitoris
 - Move blood from attached parts of the clitoris and penis into the glans
 - Stabilize the perineal body

- **Muscles of the anal triangle**
 - **External Anal Sphincter**
 - Deep part
 - Superficial part
 - Subcutaneous part
- **Function:**
 - Closes anal canal

- **Muscles of deep perineal pouch**
- External urethral sphincter
- Deep transverse perineal
- Compressor urethra (Women Only)
- Sphincter urethrovaginalis (Women Only)
- **Function:**
- Compresses membranous urethra, relaxes during micturition
- Stabilizes position of the perineal body
- Functions as accessory sphincter of urethra
- Functions as accessory sphincter of urethra, may also help close vagina

- **Muscles of Pelvic Diaphragm:**

- Levator ani
- Coccygeus

- **Function:**

- Supports pelvic viscera, maintains anorectal angle, reinforces external anal sphincter
- Supports pelvic viscera, pulls coccyx forward after defecation

- **Muscles of the Pelvic Walls**

- Obturator internus
- Piriformis

- **Function:**

- Lateral rotator of extended hip, abduction of flexed hip
- Lateral rotation of extended hip, abduction of flexed hip

How can OT help?

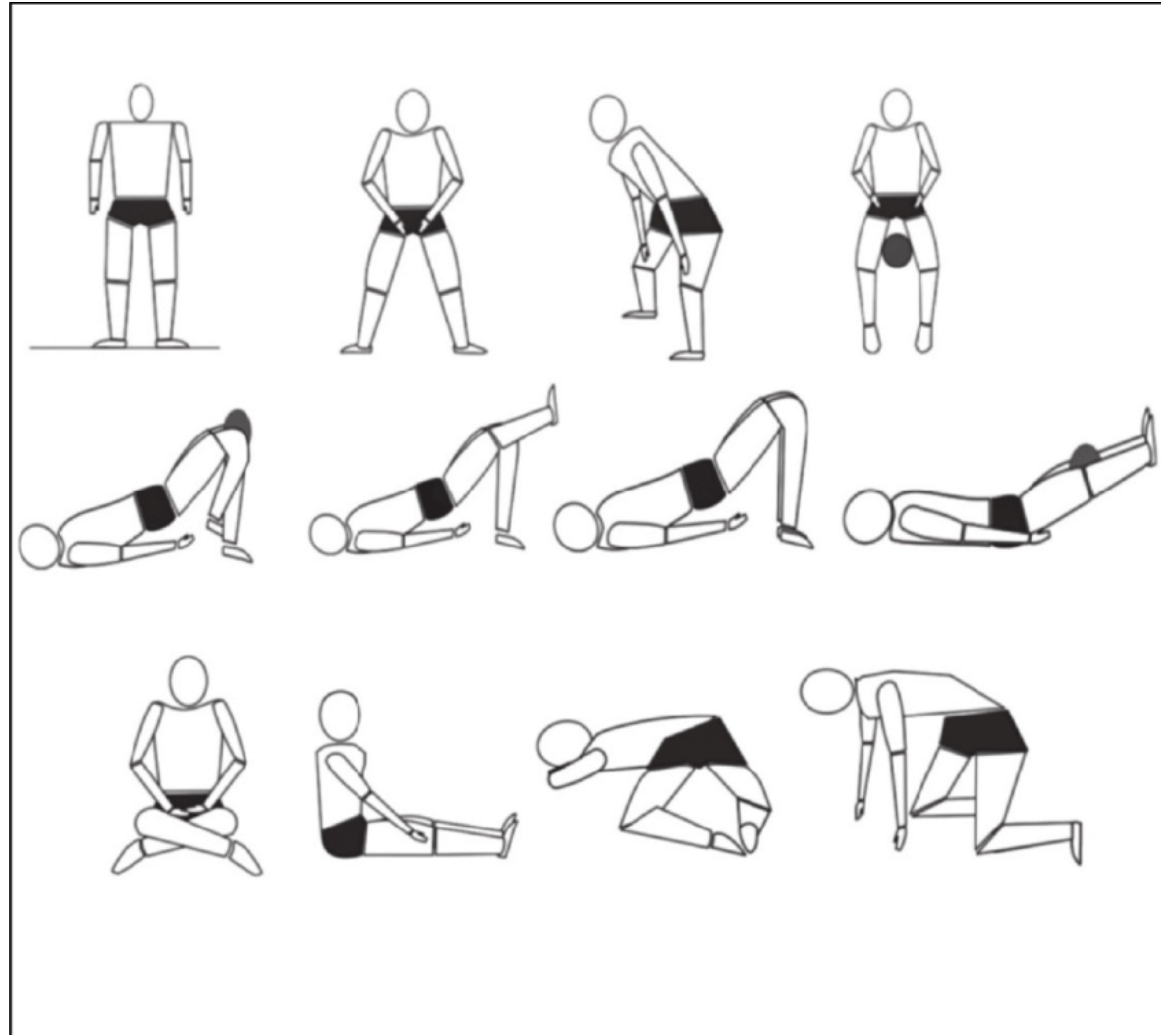
Start at Evaluation

- How frequently do they urinate a day?
- How many times do they wake up at night to urinate?
- Do they use any device for incontinence (pads, underwear, etc.)?
 - If they do, how many?
- Are they avoiding or changing their activities due to incontinence?

GOALS!!! Let's talk about increasing quality of life!

- Reduction is waking at night to urinate
- Reduction in number of pads/incontinence usage
- Increase in activities of daily life
 - BINGO!
 - Sex
 - Family and work outings
- Reduce falls
 - Urgency
 - Frequency

Let's Get Physical!



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