

MDS Alert

Clip 'N' Save: Know How Revised F315 Survey Guidance Defines Types Of Urinary Incontinence

Determine which type of incontinence your resident has.

To care plan an incontinence problem, you first have to identify and define it. Here's a rundown of the types of urinary incontinence, according to the revised F315 survey interpretive guidance:

1. **Urge Incontinence** is characterized by abrupt urgency, frequency and nocturia.
2. **Stress Incontinence** is the loss of a small amount of urine with physical activity such as coughing, sneezing, laughing, walking stairs and/or lifting.
3. **Mixed Incontinence** is the combination of urge incontinence and stress incontinence.
4. **Overflow Incontinence** occurs when the bladder is distended from urine retention caused by a number of problems, including an enlarged prostate, prostate cancer or urethral stricture.
5. **Functional Incontinence** is secondary to factors other than inherently abnormal urinary tract function. It may be related to physical weakness or poor mobility/dexterity (e.g., due to poor eyesight, arthritis, deconditioning, stroke, contracture), cognitive problems (e.g., confusion, dementia, unwillingness to toilet), various medications (e.g., anti-cholinergics, diuretics) or environmental impediments.
6. **Transient Incontinence** refers to temporary or occasional incontinence that may be related to a variety of causes, for example: delirium, infection, atrophic urethritis or vaginitis, some pharmaceuticals, anticholinergic agents, increased urine production, restricted mobility or fecal impaction.