

Into the void: Nurses' bathroom habits during COVID-19

Allen, E., & Ackerson, K. (2024, May). Stressors and bathroom behaviors associated with urinary incontinence in nurses working during the COVID-19 pandemic: A mixed-methods study. file:///C:/Users/meyer/Downloads/Article-Stressors%20and%20bathroom%20behaviors%20associated%20with%20urinary%20incontinence.pdf

What solutions can nurse leaders do to promote bladder health in nurses

- A. Have your staff use the restroom at home
- B. Educate staff to use the restroom when they can, even when they don't need to go
- C. Implement mandatory breaks and coverage for staff**
- D. Train staff that as nurses they don't use the restroom

Found on page 46 in the "Implications for Nurse Leaders" section paragraphs 3 and 4