

Urinary Incontinence: Literature Review

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Urinary incontinence can occur due to age, stress, or urge. In addition, urinary incontinence results from the bladder losing control (Urinary Incontinence, 2021). There are ways to help or prevent urinary incontinence as well as ways that can cause incontinence. Therefore, it is essential to understand the purpose of urinary incontinence to help the person experiencing it, as it may be able to be resolved.

Zhao, B., Wen, L., Chen, W., Qing, Z., Liu, D., & Liu, M. (2020). A Preliminary Study on Quantitative Quality Measurements of the Urethral Rhabdosphincter Muscle by Supersonic Shear Wave Imaging in Women With Stress Urinary Incontinence. *Journal of Ultrasound in Medicine*, 39(8), 1615-1621. doi:10.1002/jum.15255

Women with stress incontinence had the quality of their rhabdosphincter assessed. In addition, the participants experienced a transperineal exam where supersonic shear wave imaging took scans of the pelvic muscles. This exam of the pelvic muscles is vital to be able to link to stress incontinence in women. After all the data was collected, the results concluded that the stiffness in the urethral rhabdosphincter muscle was lower in the women with stress incontinence (Zhao et al., 2020).

Key Points

By knowing the quality of the rhabdosphincter, it can determine the kind of urinary incontinence. In this case, it is related to stress incontinence by measuring the shear wave

velocity. Therefore, the participants were women with stress incontinence and women with control of their bladder to compare the difference in the urethral velocity (Zhao et al., 2020). Overall, the test was successful and showed informative test results about stress incontinence.

Assumptions

Having a less stiff urethral rhabdosphincter would indicate the reason behind stress incontinence. In addition, comparing a less stiff rhabdosphincter to a normal one can show the different velocities in each body to show why they have stress incontinence (Zhao et al., 2020). The muscle stiffness helps control the bladder movements, so the lower the velocity level indicated stress incontinence.

Deficit/Conclusion

The idea of this procedure is appropriate as it can help provide a reference range for the rhabdosphincter muscle stiffness. In addition, knowing the reference ranges can change the nursing practice by allowing the doctor to determine which urinary incontinence the patient has. If these reference ranges fail, it may not be as easy to determine which urinary incontinence the patient has.

Second article title here

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Key Points

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Assumptions

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

Urinary incontinence. (2021, March 09). Retrieved from <https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808>

Zhao, B., Wen, L., Chen, W., Qing, Z., Liu, D., & Liu, M. (2020). A Preliminary Study on Quantitative Quality Measurements of the Urethral Rhabdosphincter Muscle by Supersonic Shear Wave Imaging in Women With Stress Urinary Incontinence. *Journal of Ultrasound in Medicine*, 39(8), 1615-1621. doi:10.1002/jum.15255

*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.