

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 (Mayo Clinic Staff, 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.

A Preliminary Study on Quantitative Quality Measurements of the Urethral Rhabdosphincter Muscle by Supersonic Shear Wave Imaging in Women With Stress Urinary Incontinence

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 (Zhao et al., 2020).

Development and Validation of a Quantitative Measure of Adaptive Behaviors in Women With Pelvic Floor Disorders.

In this study, the Pelvic Floor Disorders Network (PFDN) self-administered Adaptive Behavior Index (ABI) was assessed for validity and the severity of the pelvic floor disorder. The participants answered a questionnaire and completed trials specific to their condition. During the trials, some participants had some embarrassing symptoms occur. These symptoms negatively

impact one's life because it is not "normal" for an adult to have such symptoms. Once the data was collected from the trials, the data showed that the API was reliable and that embarrassing behavior from the participant occurred (Wei et al., 2017).

Key Points

Since the Adaptive Behavior Index was proven reliable, it can prove the severity of one's pelvic floor disorder causing incontinence. Another takeaway from this study is that a person will be embarrassed if they have an incontinence episode. In this case, the test showed the severity of incontinence, and the participants reacted accordingly. The test successfully connected an incontinence episode with an appropriate reaction from the participant (Wei et al., 2017).

Assumptions

When experiencing an episode of incontinence, it would lead to a reaction. Depending on the severity of the pelvic floor disorder, that reaction could be mild to severe. A person with slightly weak pelvic muscles may react subtly, while a person with a severe pelvic floor disorder may react by crying or be embarrassed. In conclusion, each person's reaction is different due to how severe their incontinence episode is (Wei et al., 2017).

Deficit/Conclusion

This test is appropriate because it can help show others with incontinence that being incontinent is normal. Educating the patients on incontinence can help change the nursing practice by helping them become more open about their incontinence experience. Helping others know that incontinence can occur for many "normal" reasons may make them more aware of

their situation and others. If this conversation fails, it may not help the patient become more comfortable communicating about their incontinence (Wei et al., 2017).

Living with Urinary Incontinence: Potential Risks of Womens Health? A Qualitative Study on the Perspectives of Female Patients Seeking Care for the First Time in a Specialized Center

A group of 18 women participated in a trial for urinary incontinence. They voiced their experiences with their type of incontinence. A thematic analysis occurred, and the following results showed uncontrolled leakage, information on urinary incontinence myths, adapting to change, and education. These conclusions are vital to being able to provide the appropriate care for the patient. The nurse must understand how much knowledge the patient has on urinary incontinence and what their beliefs are. Lacking knowledge on a condition can make one think something abnormal about them (Pintos-Diaz et al., 2019).

Key Points

Understanding the patient's level of education on the condition will help lead the patient to the correct care. In this situation, misconceptions about a medical condition can lead one to reject their body and impact their mental health. These misconceptions can also lead the patient to seek the wrong care for their condition and not seeing any improvement. Focusing on education of the condition can help the patient seek the proper medical care and coping strategies (Pintos-Diaz et al., 2019).

Assumptions

A patient with a knowledge deficit would explain the reason behind why they would be a risk for their health. Not having the proper knowledge could lead to incorrect care that could potentially worsen the patient's condition. The more education a patient receives, the better the chance of them receiving the correct care. More education provided to the patient could help them be open and embrace their experience to help others (Pintos-Diaz et al., 2019).

Deficit/Conclusion

The idea behind this experiment is appropriate because it can help provide more nursing education conversations with their patients. By the patient receiving more education, it can help them seek the proper medical attention they need. Even if the patient states they know the details about their condition, they must receive the latest education to update their care plan if needed. If the educational conversations would fail, then the patient may not be receiving the appropriate care. The nurse could also provide the patient with brochures on the condition in case they would want something to reference back to (Pintos-Diaz et al., 2019).

Conclusion

Overall, urinary incontinence can affect anyone at any age. Incontinence can occur from multiple things, such as a weak rhabdosphincter muscle or a pelvic floor disorder. Experiencing incontinence can affect one's mental state by thinking they are not usual or having an embarrassing reaction. Urinary incontinence is an embarrassing issue for some (Mayo Clinic Staff, 2021). Someone may think such things due to their lack of knowledge on the condition. Educating the patient is very vital for them to seek the proper medical treatment. The information gained from these articles can help patients have successful treatments. The nursing practice can improve as well by having a better understanding of the importance of education. Evidence-

based practice can refine by conducting more relatable research experiments for patients experiencing the same symptoms for their condition. Healthcare can enhance from these research trials because they show the participants emotions and symptoms they experience. Showing the vulnerable side of the domains can help the healthcare system be more aware of how certain conditions may be for people and how they do not want to be open about it.

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