

NCGG Sponsored Geriatric 8

Incontinence management: Evidence update

Chairs

Momokazu Gotoh, M.D., Ph.D. (Chukyo Hospital)

Masaki Yoshida, M.D., Ph.D. (Sakurajyuji Hospital)

Urinary incontinence is a common problem among the elderly and is one of the most important geriatric syndromes. Incontinence is strongly associated with global functional impairment in both male and female. Furthermore, incontinence has been shown to produce negative outcomes, including falls, urinary tract infections, skin complications, functional decline, psychosocial complications, decreased quality of life, and poor health perception. The negative effects may extend to the family and caregivers. The elderly may have frailty and dementia, which complicate the incontinence-associated problems. Management of incontinence in the elderly is very important for preventing above negative outcomes. Major managements of incontinence are behavioral and pharmacological treatments.

In this symposium, four speakers will present the recent evidences for incontinence management. Prof. Ostaszkievicz will present information to support family carers having patients with dementia about strategies to delay or prevent the onset of incontinence or about the emotional and physical aspects of everyday management based on the process of co-designing Massive Open Online Course. Prof. Sato will talk about the toileting assistance for incontinence with recent systemic review and meta-analysis for effectiveness of prompted voiding in the frail elderly. Prof. Shogenji will show the effectiveness of the continuous interdisciplinary continence self-management program for stroke patients, Prof. Lee will highlight the unique clinical considerations for the pharmacological management of overactive bladder in the elderly, including frailty and dementia.