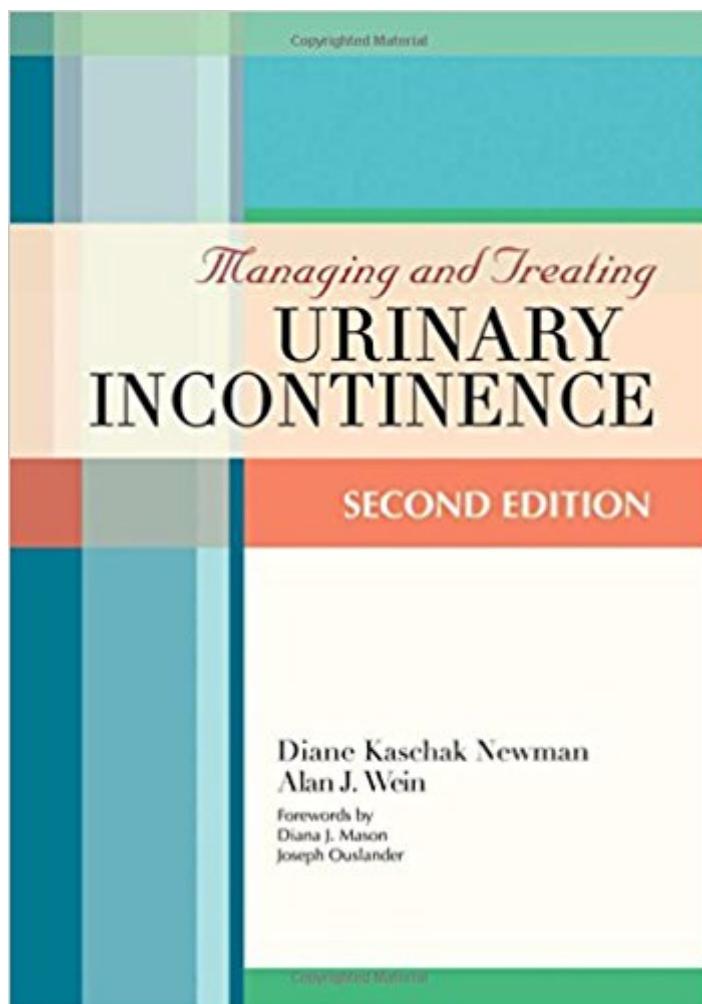


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# Managing & Treating Urinary Incontinence



## Synopsis

Incontinence is not an inevitable part of aging, nor is it untreatable once it develops. Thoroughly revised and updated, this new edition of a trusted resource teaches diverse and effective strategies for assessing, managing, and even eliminating urinary incontinence in all care settings. *Managing and Treating Urinary Incontinence* presents a full range of treatment options, explaining how each method works and who benefits most from its use. In pragmatic, easy-to-understand language, readers will learn essential information about the anatomy and physiology of the lower urinary tract and pelvic floor the types and causes of incontinence and overactive bladder the impact of bowel dysfunction on incontinence the value of incontinence education and self-care techniques the efficacy of behavioral treatments, such as bladder retraining and toileting programs the role of drug therapy and surgery in managing incontinenceThis second edition provides expanded content on surgical interventions and pelvic organ prolapse, the latest information on available overactive and incontinence drug therapy, and a glossary of clinical terminology. An accompanying CD-ROM includes new patient teaching tools, useful care plans for 12 common incontinence scenarios, and detailed assessment forms. Plus, this edition contains a comprehensive review of incontinence containment products with illustrations and availability listings. With the knowledge in this comprehensive guidebook, nursing staff will measurably improve the health and independence of residents or patients, and managers will reduce facility costs and staff burden. This book is a must-have for nurses, medical directors and nursing home administrators, incontinence specialists, occupational therapists, physical therapists, primary care physicians, social workers, and other health care professionals who work with older adults.

## Book Information

Paperback: 664 pages

Publisher: Health Professions Press; 2 edition (September 1, 2008)

Language: English

ISBN-10: 1932529217

ISBN-13: 978-1932529210

Product Dimensions: 1.2 x 7 x 10 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #695,495 in Books (See Top 100 in Books) #76 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Surgery > Urology #83 in Books > Textbooks

## Customer Reviews

Today, 20 to 25 million Americans endure difficulties in controlling bladder function something vast numbers of them are not willing to disclose. Most of those afflicted are women, and they are not all elderly. There is a thus real and pressing need for books like these, which address the issue of incontinence in a compassionate manner and explain that most of these individuals can be cured, many quite easily, without surgery. It is also clear from both of these authoritative publications that incontinence must be viewed as an important medical problem, deserving the same attention as elevated blood pressure or an endocrine disorder. Newman, a nurse who is codirector of the Penn Center for Continence and Pelvic Health at the University of Pennsylvania, previously wrote *The Urinary Incontinence Sourcebook* for consumers. Aiming this new book at nurses, social workers, and other healthcare professionals, she is strongly pragmatic, covering a long list of topics, from causes of incontinence to evaluation and therapy. There is also a chapter on self-care practices that will minimize urinary symptoms. The appendixes consist of tools for health professionals that can be used to train staff and educate patients; included are sections on how to prevent bladder infections, diet habits that can affect your bladder, bladder retraining, and other topics relating to mechanical devices used to reduce incontinence. The book is well referenced and includes a glossary as well as appendixes with useful ancillary information, e.g., a directory of manufacturers of products that aid in treating incontinence. In *The Incontinence Solution*, gynecologist Parker and his coauthors (a gynecologist and a health educator) also provide a comprehensive and reassuring approach to incontinence, but the advice is intended primarily for consumers/patients. The question-and-answer format allows for easy reading and reference and, after an initial discussion of causes and diagnosis, focuses on the wide range of available treatments for incontinence. Specific chapters also address childbirth and incontinence, interstitial cystitis, and defining and diagnosing prolapse. Anecdotal reports of patients' experiences add interest and information. Also provided is a section on finding the right doctor. While both titles provide extensive coverage of the topic, Newman's is the more scholarly and is highly recommended for health sciences libraries and for large public libraries. For its readability, Parker's book is suggested for all consumer health collections. Linda M.G. Katz, MCP Hahnemann Univ. Libs., Philadelphia Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"strongly pragmatic...well referenced...highly recommended for health sciences libraries and for large public libraries." --Library Journal, August 2002

This book is very technical, but it gives essential information. Sometimes it mixes discussion of male and female incontinence in the same chapters, and can be confusing. I recommend splitting the two except when they are really the same.

Very well written. Using it in my job daily

Beautifully written and assembled.

Textbook info for people new and old to urinary incontinence. Provides anatomical, diagnostic information as well as tx interventions. This book has been exeremly helpful for me, a young OT trying to incorporate UI as a core program in a SNF. This book provides the foundation for addressing UI with all age groups and populations.

Although most commonly associated with aging seniors, urinary incontinence can happen to anyone of any age for a variety of reasons and causes. Now in a significantly expanded and fully updated second edition, "Managing And Treating Urinary Incontinence" by the team of Diane Kaschak Newman (Co-Director of the Penn Center for continence and Pelvic Health, Division of Urology, University of Pennsylvania health Systems, Philadelphia) and Alan J. Wein (Professor and Chair of the Division of Urology, University of Pennsylvania health Systems and Chief of Urology at the Hospital of the University of Pennsylvania) is a comprehensive guidebook to all of the issues relevant to the treatment and management of urinary incontinence. Covering all of the current treatment options and coherently explaining how they work, "Managing And Treating Urinary Incontinence" provides an informed and informative accounts of the anatomy and physiology of the lower urinary tract and pelvic floor, the types and causes of incontinence and overactive bladders, the components of clinical assessment and evaluation, the impact of bowel dysfunction on incontinence, the significance of patient education and the importance of self-care techniques, the efficacy of behavioral treatments, the role of drug therapy and surgery, the management of pelvic organ prolapse, and the full range of incontinence containment products. A compendium of sound medical scholarship that is written in a thoroughly accessible text appropriate for medical students, medical service providers, and non-specialist general readers with an interest in urinary

incontinence issues, "Managing And Treating Urinary Incontinence" is a core addition to academic, community, and health service agency reference collections.

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