



## URINARY INCONTINENCE PATHWAY

Urinary incontinence (UI) is a problem for thousands of aging adults. UI affects women twice as much as men. Urinary incontinence can lead to a decreased quality of life.

- Specific procedure post op follow up and education
- Kegel/pelvic floor strengthening exercises
- Education on hygiene to prevent skin breakdown and infections
- Bladder training program/positioning and timed void
- Nutrition specific education



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