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Shield HealthCare Incontinence Solutions Program



Feature Article

Talking to a Loved One About Incontinence

Incontinence is a condition that can lead to some awkward situations for the 13 million people in the United States that deal with it. It can be even more awkward to communicate to their family members that there is an issue in the first place. Many feel that their incontinence is embarrassing and oftentimes those affected by it are unwilling to face the reality of their incontinence on their own. This may lead to a lack of understanding that the negative aspects of incontinence such as unwanted leaks and smells can be managed with the right products.

It is important to address your loved one's incontinence in a loving and supportive manner; talking about the issue in the correct way is always better than ignoring it and hoping for the best.

Understanding Your Role

As a caregiver, your goal should not be to seek whatever treatment you think is required, but rather to seek the guidance of a physician alongside your care. This shows your loved one that you are not out to advance your own agenda, but rather to support them in their lifestyle transition. Instead of saying "I think it's time to get diapers, mom," say "I know that you're uncomfortable about the issue, but if we see a doctor he can help us find a solution."

Avoid antagonizing language that implies it is their fault for their incontinence. Having empathy for their situation is crucial; imagine you were in their shoes before approaching them about the issue.

Helping educate your loved one in a caring way about the various products for incontinence can enhance both their understanding of the issue as well as their appreciation for your help in the matter. Bringing samples of certain products is a great way to show your loved one how simple and easy it can be to deal with incontinence. You could say something like "Just wear the diapers Dad," but "These briefs may not be comfortable at first, but you'll get used to them very soon," is much more empathetic.

You Are Not Alone

It can be easy to feel as if you are on an island with no help or resources when caregiving for an incontinence sufferer. One way to connect to people who can give you helpful information is through Shield HealthCare's online incontinence community. Here you will find informative articles and discussions relating to incontinence that you can use to better understand the issue and how to care for your loved one during this transition in their life. Visit shieldhealthcare.com/community/incontinence to learn more. ♦

The Relationship Between Incontinence and Accidental Falls

Urinary incontinence can contribute to accidental fall risk in several ways:

- Incontinence episodes may lead to slips on wet floor surfaces.
- Urge incontinence may increase risk when a patient hurries to the toilet to avoid wetting themselves.
- Episodes of urinary incontinence may be transitory and often related to acute illness, such as urinary tract infections that can cause incontinence, delirium, drowsiness and hypotension.
- Medications used to treat incontinence, such as anticholinergics or alpha blockers, can cause postural hypotension.
- Waking up to urinate at night can result in poor sleep, which is associated with increased fall risk.



Strategies to prevent fall risk:

- Ensure the patient is wearing suitable clothes that can be easily removed or undone by self or staff and that the patient wears footwear to reduce slipping on urine.
- Consider a non-slip mat on the floor beside the bed for patients who experience urinary incontinence when transferring from bed.
- Keep the pathway to the toilet obstacle free and leave a night light on in the bedroom/bathroom at night.
- Assess whether the use of absorbent products such as adult diapers or undergarments is necessary.

Don't miss our February 25, 2016 webinar on

Managing Fecal and Urinary Incontinence
via Capital Nursing Education

1 CE Contact Hour Available

Register today at
shieldhealthcare.com/webinars

How the Diet Affects Bladder Control

The incontinence experts at Shield HealthCare have consulted with on-staff Registered Dietitians to provide this valuable information about the link between incontinence and nutrition.

Although there is no special diet to cure incontinence, there are certain dietary matters you should know about. Many people with bladder control problems reduce the amount of liquids they drink in the hope that they will urinate less. This can create highly concentrated, irritating urine which can make a person have to go to the bathroom more often. This encourages the growth of bacteria, which can lead to infections. Certain foods and beverages are thought to contribute to bladder leakage. Their effect on the bladder is not always understood, but you may want to see if eliminating one or all of the irritants listed below improves bladder control.

Common bladder irritants:

- ✓ Alcoholic beverages
- ✓ Milk or milk products
- ✓ Medicines that contain caffeine
- ✓ Tomatoes or tomato-based products
- ✓ Sugar
- ✓ Chocolate
- ✓ Carbonated beverages (with or without caffeine)
- ✓ Artificial sweeteners
- ✓ Coffee or tea (even decaffeinated)
- ✓ Citrus juice & fruits
- ✓ Highly spiced foods
- ✓ Honey
- ✓ Corn syrup

Fluids to ADD to the diet: Water, grape juice, cranberry juice, apple juice



Proper hydration and water intake

Water is essential for body functions including digestive, absorption, circulatory and excretory functions, as well as the absorption of water soluble vitamins. Water also is required for the transport of nutrients and waste within our bodies, to make saliva, to cushion joints and plays a major role in temperature regulation.

Estimating fluid requirements:

- 40ml/kg for active 16-30 years of age
- 35ml/kg for 20-55 years of age
- 30ml/kg for > 55-75 years of age
- 25ml/kg for >75 years of age (also applies for renal/cardiac involvement)

Example:

For a 55 year-old at 150 pounds = $68 \text{ kg} \times 35\text{ml} = 2,380 \text{ ml}$ or 10 cups/day (8 oz.)

Conditions with a risk of underhydration: Alzheimer's disease, depression, CVA, infections, malnutrition, incontinence.

Medications associated with dehydration: Diuretics, psychotropics, laxatives, steroids, ACE inhibitors.



Product Update

The Prevail® First Quality® brands of incontinence products offered by Shield HealthCare have undergone an exciting packaging redesign.

Please note that the products inside have not changed, just the package design.

Prevail
care is in the details.™

SAME GREAT PERFORMANCE...BRAND NEW LOOK!

CURRENT
PACKAGING



**NEW NAME &
PACKAGING**



Shield HealthCare Incontinence Solutions Program

- On-staff product specialists to provide expertise and support to patients and caregivers
- Product sample kits to assist in determining suitable products for patients' needs
- Innovative, absorbent products for any level of incontinence and every level of mobility
- Educational in-services and webinars for healthcare professionals on a variety of incontinence-related topics

References:

Centers for Disease Control and Prevention: cdc.gov
National Council on Aging: ncoa.org
Caregiver Action Network: caregiveraction.org
Shield HealthCare Community: shieldhealthcare.com/community

Connect With Us & See What's New At...



Call us today, we're here to help!

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