



Resources to Support Incontinence Management for Residents Living in Nursing Homes (updated 7/30/2017)

Section 1: CMS Quality Measure Resources and Guidance for Surveyors and Nursing Homes

Quality Measure Specifications for MDS 3.0 Measure “Percent of Low-Risk Residents Who Lose Control of Their Bowel or Bladder (Long Stay)”

See MDS 3.0 Quality Measures User’s Manual (v11) Appendix D, page D.14.

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/Downloads/MDS-30-QM-Users-Manual-V11-Final.pdf>

Long-Term Care Facility Resident Assessment Instrument 3.0 User’s Manual (RAI Manual)

The MDS 3.0 Measure “Percent of Low Risk Residents Who Lose Control of Their Bowel or Bladder (Long Stay)” is calculated from a number of different data elements on the MDS including: A (identification), B (look back), C (cognitive patterns), G (functional status), and H (bladder and bowel).

For instructions on how to complete data elements, click on the most current MDS 3.0 RAI manual from the links section on this page. <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html>

Also, from the above link, Chapter 4 (Care Area Assessment [CAA] Process and Care Planning) describes the assessment and care planning process for when urinary incontinence triggers from the MDS completed data elements.

CMS State Operations Manual, Interpretive Guidelines for F-315 (Note: As of 11/28/2017, this will be FTag-690)

Guidance to surveyors on incontinence F-Tag is provided. The guidance includes incontinence definitions, overview, resident choice, assessment, types of urinary incontinence, interventions including catheters and UTI, the investigative protocol, and determinations of compliance.

- Link to Appendix PP 03-08-2017 (Effective through November 27, 2017):
<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-03-08-2017.pdf>
(see pages 235–264)
- Link to PDF of Advance Appendix PP including Phase 2 (Effective November 28, 2017):
<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Advance-Appendix-PP-Including-Phase-2-.pdf>
(see pages 301–318)
- Link to general CMS website to download the most current Interpretive Guidelines and other related resources:
<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html>

QIS Survey Urinary Incontinence Critical Element Pathway

This tool is used by surveyors during QIS surveys to assess a sampled resident with urinary incontinence.

<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Downloads/CMS-20125-Urinary-Incontinence.pdf>



Section 2: Guidelines

Guideline: Urinary Incontinence

Developed by the American Medical Director's Association, the Urinary Incontinence Clinical Practice Guideline is a tool to guide care decisions through a process of addressing urinary incontinence in the long-term care facility resident. The document includes a narrative portion that covers terminology, definition, purpose and scope, sites of care, outcomes, HIPAA, cross-cutting issues in transitions of care, and implementation of a care transition program. Hard copies (member \$32, non-member \$42) and electronic copies (member \$26, non-member \$34) are available for order. <http://www.paltc.org/product-store/urinary-incontinence-cpg>

Guideline: Urinary Incontinence: The Management of Urinary Incontinence in Women

This guideline, shared in AHRQ's National Guideline Clearinghouse, offers best practice advice on the care of women with urinary incontinence for initial and ongoing assessments and investigations, interventions and practices considered, appropriate use of conservative and surgical treatment options, management and treatment, and implementation guidelines and tools. <https://www.guideline.gov/content.aspx?id=47099>

Section 3: Training and Intervention Resources

Incontinence Management Training Module

The Vanderbilt Center for Quality Aging training module provides instructions and protocols for accomplishing each of the four steps required to implement an effective prompted voiding program. The four implementation steps are:

1. Conduct a basic resident evaluation,
2. Assess resident responsiveness to prompted voiding,
3. Implement time-saving strategies to maintain prompted voiding programs, and
4. Conduct periodic control checks to help ensure incontinence care quality.

Incontinence management forms, FAQs, and other links are also provided.

<http://www.mc.vanderbilt.edu/root/vumc.php?site=cqa&doc=43434>

Wound, Ostomy, and Continence Nurses Society Core Curriculum: Continence Management

This text is for nurses practicing or studying fecal and urinary continence care. It provides guidance on patient management, pathology and physiology basics, urinary incontinence and voiding dysfunction, physiology of normal defecation and voiding, assessment of UI and lower urinary tract symptoms, and step-by-step direction on nursing procedures. (\$79). <http://www.lww.com/Product/9781451194418>

Choice and Preference Toileting Assistance (CAPTA) Training Manual

This manual was part of a 2010 project funded by the Retirement Research Foundation of Chicago. It includes an overview of incontinence management; four steps, including:

1. Evaluation of residents for incontinence,
2. Assessment of resident responsiveness to prompted voiding,
3. Implementation of time-saving management strategies, and
4. Continuously monitoring incontinence care; and FAQs.

http://www.cas.miamioh.edu/bridgeproject/capta_manual.htm

Additional information can be found here: http://www.cas.miamioh.edu/bridgeproject/capta_schedule.htm



Incontinence Resource Manual

Pathway Health Service's F315 Incontinence QuickPath 2015 manual provides tools to assist leaders in reviewing their internal incontinence management program, including incontinence (urinary and bowel) policy and procedures, assessment components and samples, incontinence care plan, identification of types of incontinence, and monitoring tools. (\$49). <http://www.shoppathwayhealth.com/f315-incontinence-quickpath>

Urinary Incontinence Toolkit

This toolkit was developed by Practicing Physician Education in Geriatrics to help physicians better understand the common 'Geriatric Syndromes'. The Urinary Incontinence Toolkit is used for initial evaluation of a patient with urinary incontinence. It collects baseline information and background information important in differential diagnosis. It contains educational materials; suggested guidelines; forms; and tools for evaluation, diagnosis, and treatment. <http://www.gericareonline.net/tools/eng/urinary>

ConsultGeri—A clinical website from the Hartford Institute for Geriatric Nursing

This website provides information on urinary and fecal incontinence, including inter-professional assessment and collaborative interventions. <https://consultgeri.org/patient-symptoms/unable-control-stool>
<https://consultgeri.org/patient-symptoms/unable-control-urine>

- “Urinary Incontinence Assessment in Older Adults Part 1: Transient Urinary Incontinence”
<https://consultgeri.org/try-this/general-assessment/issue-11.1>
<http://files.ctctcdn.com/fa163e2a001/c69896d7-54c2-4231-b4c9-7e671de6761d.pdf>
- “Urinary Incontinence Assessment in Older Adults Part 2: Established Urinary Incontinence”
<https://consultgeri.org/try-this/general-assessment/issue-11.2>
<https://consultgeri.org/try-this/general-assessment/issue-11.2.pdf>

Five Steps to Understanding Low-Risk Bowel and Bladder Incontinence

This blog by Harmony Healthcare describes five steps:

1. Root cause analysis,
2. Understand the defined criterion,
3. Interventions,
4. Prevention, and
5. How to improve the facility measure.

<http://www.harmony-healthcare.com/blog/five-steps-to-understanding-low-risk-bowel-and-bladder-incontinence>

Section 4: Quality Innovation Network-Quality Improvement Organization (QIN-QIO) Resources

Real-World Incontinence Advice

This resource includes tips gleaned from Qualis Health (QIN-QIO for Idaho and Washington) National Nursing Home Quality Care Collaborative participants, January 2016. <http://medicare.qualishealth.org/projects/nursing-home-quality-care-collaborative/selected-resources/incontinence-management/1s4-tips>

Sample Care Plan for Urinary Incontinence

TMF (QIN-QIO for Arkansas, Missouri, Oklahoma, Puerto Rico, and Texas) provided a sample care plan for educational purposes. <http://files.ctctcdn.com/fa163e2a001/7982acfa-305e-4a61-bb02-fa24d07bb693.pdf>



Root Cause Analysis Tool for Low-Risk Residents Who Lose Control of Their Bowel or Bladder

TMF (QIN-QIO for Arkansas, Missouri, Oklahoma, Puerto Rico, and Texas) provided a root cause analysis tool to identify what really is causing the resident to trigger based on the Quality Measure (QM) specifications and to identify facility practices to address. [Low-Risk Residents Who Lose Control of Their Bowel or Bladder \(Long Stay\) Root Cause Analysis Tool](#)

Quality Measure Tip Sheet: Bowel and Bladder Incontinence—Long Stay

Health Services Advisory Group (QIN-QIO for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands) provided a tip sheet that discusses MDS overview, quality measure coding requirements, and questions to ask. <https://www.hsag.com/globalassets/providers/resources-nh/qualitymeasuretipsheet-bowelbladderincontinence.3.25.16.final.pdf>

Low-Risk Residents Who Lose Control of Bladder or Bowel

Mountain Pacific Quality Health Foundation (QIN-QIO for Alaska, Hawaii, Montana, and Wyoming) provided a toolkit that includes information on why this is important, MDS measure overview, incontinence types, tips and suggestions, treatment and interventions, common pit falls and tips for success, QAPI features and how they apply to this measure, and steps for improvement. <http://mpqhf.com/QIO/wp-content/uploads/2016/03/Incontinence-Toolkit-2.pdf>

Incontinence Care Resources

The New England Quality Innovation Network (QIN-QIO for Connecticut, Massachusetts, Maine, New Hampshire, and Rhode Island) provided incontinence resources including a fishbone diagram to assist with identification of root causes, an overview of UI for CNAs, and a Performance Improvement Project sample template to improve incontinence. <http://www.healthcareformewengland.org/initiatives/nhquality/nh-resources> (click on incontinence care resources)

Effective Management of Urinary Incontinence in Long-Term Care Facilities Manual

Shared by HealthInsight, Qualidigm's manual provides nursing homes with tools to educate staff on assessment and effective management of urinary incontinence. The manual includes a Train-the-Trainer Manual, with an overview of UI for RNs presentation, and an overview of UI for CNAs presentation. <http://healthinsight.org/Internal/assets/Nursing%20Home/INCONT%20-%20UI%20Final.pdf>

Section 5: Articles

Practical Management of Urinary Incontinence in the Long-Term Care Setting

This article by Jayna M. Holroyd-Leduc, MD, FRCPC, Courtney H. Lyder, ND, and Cara Tannenbaum, MD, FRCPC, MSc (2006) presents an overview of key aspects of the revised CMS F-315 regulation, and it provides clinical algorithms for the effective management of urinary incontinence in long-term care consistent with the interpretive guidance. <http://www.annalsoflongtermcare.com/attachments/5367.pdf>

Urinary and Fecal Incontinence in Nursing Home Residents

This article by Felix W. Leung, MD, Professor of Medicine, and John F. Schnelle, PhD, Hamilton Chair Professor (2008) discusses the pathophysiology and treatment options for urinary incontinence and fecal incontinence. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2614622>

The Effect of Urinary Incontinence on Older Residents' Self-Reported Quality of Life in Nursing Homes

This article by Dongjuan Xu and Robert L. Kane, MD (2013) concludes that to improve the quality of life of residents with urinary incontinence, attention should be paid to dignity, autonomy, and mood. <http://onlinelibrary.wiley.com/doi/10.1111/jgs.12408/full>



Section 6: Other Links

American College of Obstetricians and Gynecologists: www.acog.org

- Urinary incontinence: <https://www.acog.org/-/media/For-Patients/faq081.pdf?dmc=1&ts=20160321T1152420001>

American Urological Association—Urology Health: <http://www.urologyhealth.org>

- Patient education materials: <http://www.urologyhealth.org/educational-materials>

National Association for Continence: www.nafc.org

National Kidney and Urologic Diseases Information: www.niddk.nih.gov

- Fecal incontinence: <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/fecal-incontinence/Pages/facts.aspx>
- Urinary incontinence in men: <http://www.niddk.nih.gov/health-information/health-topics/urologic-disease/urinary-incontinence-in-men/Pages/facts.aspx>
- Urinary incontinence in women: <http://www.niddk.nih.gov/health-information/health-topics/urologic-disease/urinary-incontinence-women/Pages/facts.aspx>

The Simon Foundation for Continence: www.simonfoundation.org