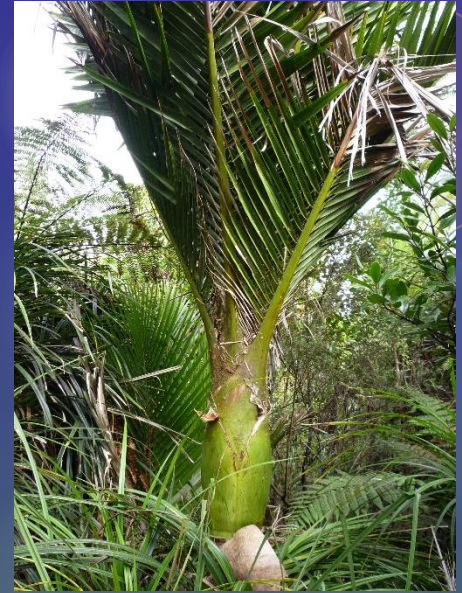


Tips for managing continence in respiratory conditions

Linley Edmeades NZRP, Pelvic Health Physio, Hamilton

April 2016

www.pelvichealthphysio.co.nz





You Made Me
Laugh So Hard
...Tears Ran
Down My Leg!

Continence and pelvic pain problems

- Urinary urgency and related incontinence
- Symptoms of urinary stress incontinence
- Faecal incontinence
- Constipation/difficulty with rectal emptying
- Prolapse
- Pelvic girdle/hip pain: pubic symphysis, sacroiliac, coccyx
- Muscle weakness/imbalance:
- Abdominal wall (diastasis)



"Do you know
what I fear most
about old age?"

"No what?"

"Incontinence!"

いゝい

What continence physiotherapists can offer

- Continence assessment and plan
- Appropriate treatment may include pelvic floor retraining, bladder retraining, pelvic pain management, bowel management, biofeedback, TENs
- Exercise advice and modification
- Liaison with MDT where indicated

First I drink the coffee

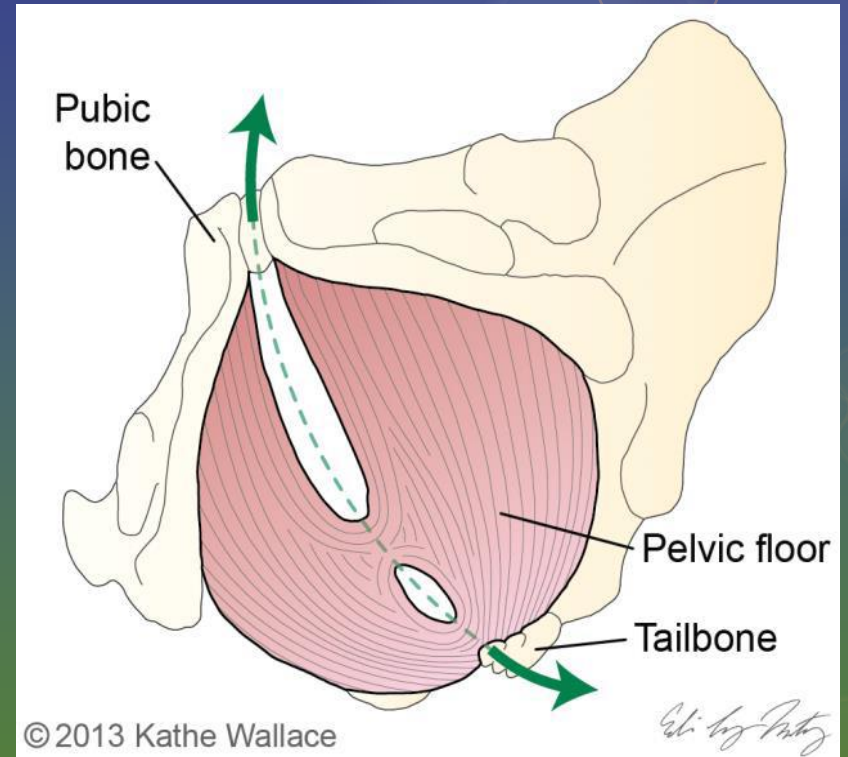
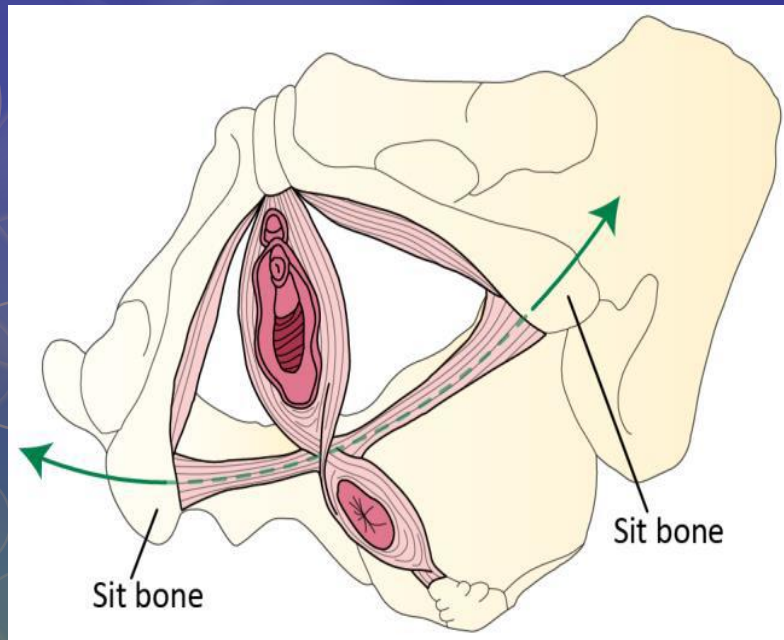


Then I do the things

Continence and pelvic floor

- Urinary symptoms
- Bowel/rectal symptoms
- Prolapse
- Pain
- Pelvic floor muscle Problems in sexuality





What are you looking for

- Ask in different ways and at different time: develop questions
- Observe
- Reluctant to exercise



What can you do?

Assessment : this is a vital component to find out what's going on (get a good continence assessment tool from your CRN)

Positions for voiding

Good bladder and bowel habits

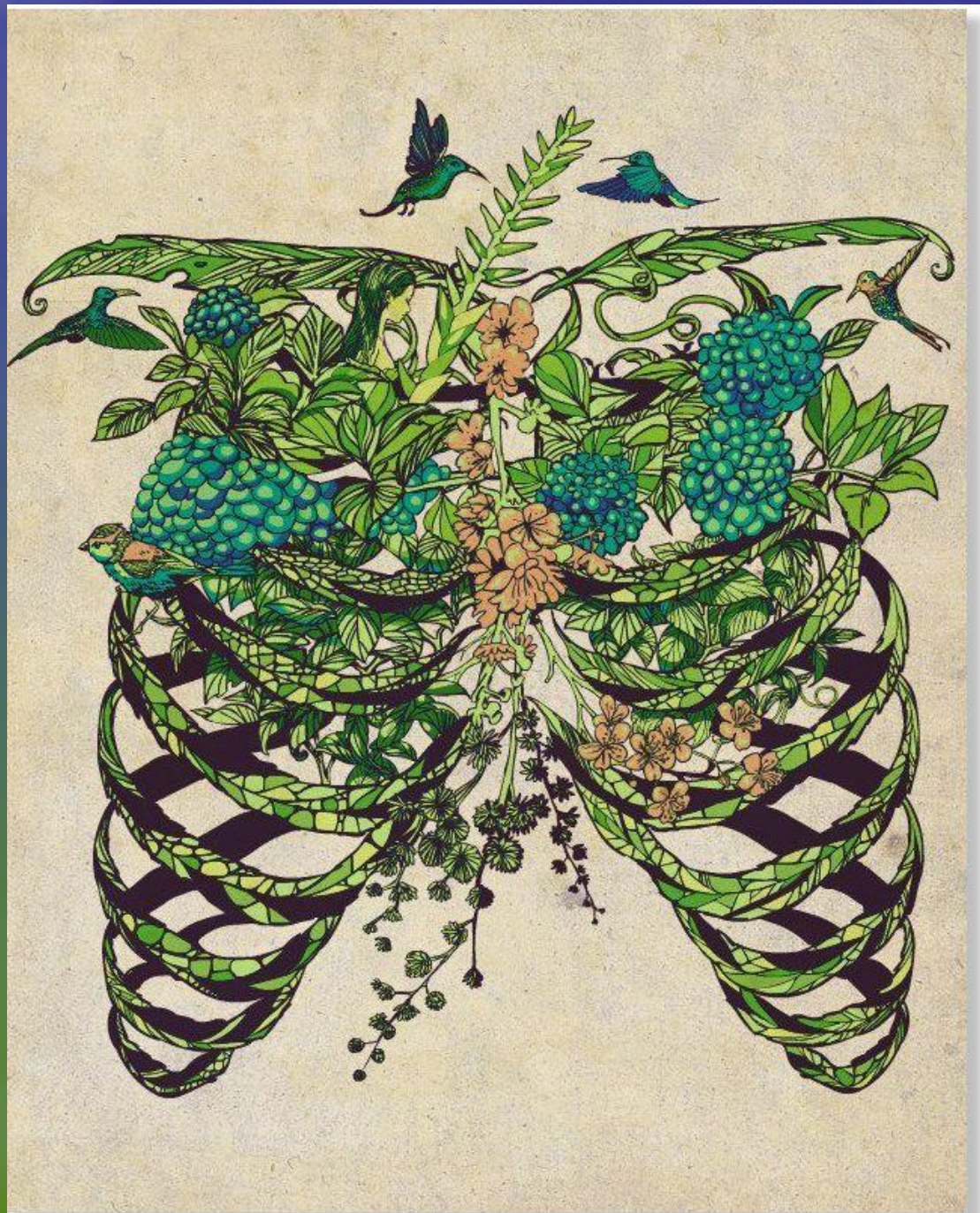
Teach basic exercises in different positions (phone apps)

Teach how to use the pelvic floor against IAP

Products for safety while trying conservative management

Where to from here

- Review regularly
- Referral on to specialist: surgery may be an option
- Support and encouragement
- Safety with products and or medications





References

- Bo K et al **"Evidence-based physical therapy for the pelvic floor"** Churchill Livingstone Elsevier 2007
- Burge AT; Holland AE; Sherburn M; Wilson J; Cox NS; Rasekaba TM; McAleer R; Morton JM; Button BM, **"Prevalence and impact of urinary incontinence in men with cystic fibrosis"**. Physiotherapy [Physiotherapy], ISSN: 1873-1465, 2015 Jun; Vol. 101 (2), pp. 166-70; Publisher: Chartered Society of Physiotherapy London
- Reichman G; De Boe V; Braeckman J; Michielsen D, **"Urinary incontinence in patients with cystic fibrosis"** Scandinavian Journal Of Urology [Scand J Urol], ISSN: 2168-1813, 2016 Apr; Vol. 50 (2), pp. 128-31; Publisher: Informa Healthcare;
- [Sender Herschorn](#), MD, FRCSC **"Female Pelvic Floor Anatomy: The Pelvic Floor, Supporting Structures, and Pelvic Organs"** ev Urol. 2004; 6(Suppl 5): S2-S10.
- Smith, Michelle D; Russell, Anne; Hodges, Paul W; **"The relationship between incontinence, breathing disorders, gastrointestinal symptoms, and back pain in women: a longitudinal cohort study.(includes abstract)"** Clinical Journal of Pain, 2014 Feb; 30(2): 162-167. (6p) (Journal Article - research) ISSN: 0749-8047
- Tannenbaum C; Gray M; Hoffstetter S; Cardozo L; **"Comorbidities associated with bladder dysfunction"**. International Journal of Clinical Practice, Feb2013; 67(2): 105-113. (9p) (Journal Article) ISSN: 1368-5031