




Podcast Episode Fact Sheet

Podcast Series	MS3 Reynolds Geriatric Series
Episode Title	<i>Introduction to Urinary Incontinence</i>
Personnel	 <p><<Fiona Prabhu, MD Interviewed by Betsy Goebel Jones, Ed.D.</p>
Episode Description	This episode provides an overview of the prevalence and types of urinary incontinence, as well as techniques for effective history-taking and treatment recommendations.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Describe the scope & prevalence of urinary incontinence 2. List & describe the types of urinary incontinence 3. Take a history from a patient complaining of urinary incontinence & list 4. Make treatment recommendations for urinary incontinence
Content Outline	<p>Introduction</p> <p>Main Points:</p> <ul style="list-style-type: none"> • Prevalence of urinary incontinence? • Different types of urinary incontinence • Recommendations for work-up • Treatments indicated for incontinence
Podcast Pearl Topic	Kegel exercises: What they are & how to explain to a patient how to do them
Personnel	Dr. Prabhu
Major Points	How to explain to a patient how to perform Kegel exercises
Comments	
References	<ul style="list-style-type: none"> • Urinary Incontinence in Women. http://Kidney.NIDDK.nih.gov/kudiseases/pubs/treatmentsuiwomen/index.htm. Accessed 03/06/2005 • Urinary Incontinence in Men. http://kidney.NIDDK.nih.gov/kudiseases/pubs/uimen/index.htm. Accessed 03/06/2005 • Minimally Invasive Management of Urinary Incontinence. http://urologyhealth.org/print/index.cfm?topic=106. Accessed 03/06/2005 • www.familydoctor.org, June 14, 2004 • Urinary Incontinence in Women: Evaluation and Management. Culligan, Patrick J., M.D. and Heit, Michael, M.D. American Family Physician, 2000. Volume 62:2433-2444, 2447, 2452).

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| | <ul style="list-style-type: none">• Selecting Medications for the Treatment of Urinary Incontinence. Weiss, Barry D. American Family Physician, 2005. Volume 71:315-22, 329.• You Can Do Something About Incontinence. A Physical Therapist's Perspective. American Physical Therapy Association. 20M/1-98/PR-198. |
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