

Offering support to patients with bladder weakness

The pharmacy team is ideally placed to start an open conversation with patients about urinary incontinence and is able to:

- 1 Identify symptoms of urinary incontinence
- 2 Identify causes and any underlying conditions
- 3 Reassure the patient using positive language
- 4 Advise on lifestyle interventions
- 5 Identify patients who require referral to their GP



REFERENCES: 1. NHS (2019) Urinary incontinence. 2. NHS Inform (2020) Urinary incontinence. 3. Mayo Clinic (2019) Urinary incontinence. 4. Guys and St Thomas' NHS Foundation Trust (2020) Bladder retraining – treatment for urgency and urge incontinence. 5. Srikrishna S, Robinson D, Cardozo L, Vella M. Management of overactive bladder syndrome. *Postgrad Med J.* 2007;83(981):481-486. doi:10.1136/pgmj.2007.057232. 6. NHS (2019) 10 ways to stop leaks. 7. NHS (2020) What are pelvic floor exercises?

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