Approximately 38% of non-geriatric American women (aged 21-65) currently experience urinary incontinence (UI), including 70,000 women in New Orleans.¹

Did you know?
- There is a higher prevalence of depression in women with UI (16-30%) than women without (9%).⁵
- Women with UI routinely experience depression, hopelessness, and anxiety, which negatively impact daily activities.⁶
- UI significantly impacts quality of life, imposing restrictions on women’s social activities, recreation, personal relationships, productivity, and other occupations of daily life.²

How can occupational therapy (OT) help?
OT has a vital role to play in continence care, as UI is a physical condition that impacts mental health.³ OTs use a holistic approach to assist individuals in resuming their preferred occupations in order to improve quality of life.
OT’S Unique Role
OTs are trained to treat the whole person, including physical and mental aspects. OTs can identify and address physical and psychological impacts of UI, and provide interventions to foster optimal functioning in desired activities.

OT Interventions:
- Practical UI coping strategies
- Patient education
- Pelvic floor muscle training
- Biofeedback
- Bladder control training
- Transvaginal electrical stimulation

Conservative, non-surgical treatment methods can improve UI symptoms up to 97%.

So how can you help?
1. Ask the question!
   Women on average wait 6+ years before seeking medical help for UI, further exacerbating effects on mental health.
2. Write a referral for OT services
   OTs require a referral from a licensed physician in order to provide direct OT services for a specific condition.

References
1 National Association for Continence, 2014
3 Vickerman, 2002
5 Vigod, S.N., & Stewart, D.E., 2006
7 National Association for Continence, 2014
8 Jackman, 2012