



Bladder Buzz

Week 3



Sumo Fun Types of Urinary Incontinence Table Tents

We hope that our program is generating interest among your staff. You might be hearing your staff analyzing residents' urinary continence patterns more now than ever before.

The SUMO Fun Table Tents focus again on types of urinary incontinence. Before I unveil the educational piece for this week though, let's take a look at what you have learned thus far. We're going to have a pop quiz! *At this point you might have paper and pens to give everyone. Pass them around and ask them to write out the types of urinary incontinence and a brief description of each. Have them trade with their neighbor and grade each other. Give candy or other small incentive (SUMO buttons) to anyone who gets a 100% or 90% or better. Alternate quizzing method, offer slightly larger incentives to anyone who is willing to stand before the group and recite the SUMO Fun mnemonic, its meanings and define the types of urinary incontinence.*

How did you do? Do you have the types of urinary incontinence 50% memorized? 80% memorized? As we all know, residents are not incontinent simply due to age. Thinking about what is causing the urinary incontinence is crucial to formulating a care plan for each resident. Once we understand why a resident is unable to remain dry, we can apply appropriate treatment methods. I encourage you all to memorize SUMO Fun. Pick up one of the Table Tents and quiz each other on your breaks. Your knowledge can improve a resident's quality of life.

Learning Objectives:

- *Staff will retain types of urinary incontinence employing Mnemonic Learning.*
- *Staff will retain types of urinary incontinence by testing with recall.*

Suggestions for Use

- *The table tents for Week 3 should be placed in a staff dining area and or break room and left up for the entire week. Feel free to leave the table tents up longer if you so desire.*



Center for
**Healthy Aging
and
Wellness**

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