



Bladder Buzz

Week 5

Sumo Fun Pocket Cards



By this week staff should feel more comfortable with the different types of urinary incontinence and may be ready to begin trying to identify urinary incontinence independently. The SUMO Fun pocket card highlights types of urinary incontinence. The pocket card features the SUMO Fun mnemonic which was created to help staff remember the types of urinary incontinence.

Knowing the different types of urinary incontinence will help staff to identify its presence in residents and take the appropriate steps to treat the condition.

Learning Objective:

- *Staff will be able to identify and differentiate between types of urinary incontinence: stress incontinence, urge incontinence, mixed incontinence, overflow incontinence, and functional incontinence.*

Suggestions for use:

- *Have staff members try to identify whether a resident has urinary incontinence and which type.*
- *Pocket cards should be given to every staff member who interacts with the residents by providing treatment or care in any manner.*
- *Staff members may want to place cards in their pockets or in an accessible location to use as a quick reference guide.*
- *In-house case study: Have staff members discuss current residents who would be good candidates for a bladder management program. Discuss the following questions for each resident:*
 - 1) *What type of urinary incontinence does this resident have and why.*
 - 2) *What urinary incontinence treatment and/or management program do you recommend and why.*



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