



# Bladder Buzz

Week 7

Bladder Jeopardy™

SUMO Fun Button



*This week features the second educational in-service for staff. This in-service includes the Bladder Jeopardy game. For this game staff should be put into teams and perhaps the winning team will receive a small prize.*

*Hopefully by the end of the 7 week program staff members are comfortable with the types of urinary incontinence and treatment and interventions strategies for individuals with urinary incontinence. The Bladder Buzz Team wants staff to feel empowered to make a difference in the management and treatment of urinary incontinence in residents with whom they work.*

Welcome to the final week of Bladder Buzz!

This week we will be participating in Bladder Jeopardy™! This game reviews the different types of urinary incontinence, treatment and management of urinary incontinence. Form teams by breaking into groups of three or four. I will need one volunteer to help keep score. If you know the answer, then raise your hand. I will call on the first person who raises their hand. The entire question must be read before a team can raise their hands to answer. A maximum of 15 seconds is set aside to answer the question. If a question is not answered or answered incorrectly, then another team will have the opportunity to steal the question.

### Learning Objectives:

- *Staff will be able to identify and differentiate between types of urinary incontinence: stress incontinence, urge incontinence, mixed incontinence, overflow incontinence, and functional incontinence.*
- *Staff will be able to identify and differentiate between types of treatments and interventions for urinary incontinence: prompted voiding, bladder rehabilitation/retraining, and habit training/scheduled voiding.*

### Suggestions for Use:

- *Put staff into small groups for Bladder Jeopardy™*
- *Create a certificate showing the completion of the Bladder Buzz program*
- *Offer a small prize for the winner of Bladder Jeopardy™*
- *Distribute SUMO Fun Buttons to all staff who participated in the program*



Center for  
**Healthy Aging  
and  
Wellness**

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