Talking about **fall risk** and **urinary leakage** can lead to better care for seniors

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**Clinical question**
What resources can I use when talking with older patients about fall prevention and urinary leakage? How can I make the conversations "stick"?

**Recommended resources**
To support quality of care and reinforce the conversations we have with patients about these topics, we offer the following resources:

**General**

*Your Tip Sheet for Better Health* includes information and tools for improving physical and mental health, addressing conversations about urinary incontinence, maintaining physical activity, and preventing falls.

**Fall risk**

**Background**
About one-third of community-dwelling adults 65 years and older fall at least once per year, and this rate goes up to about one-half in people in their 80s. Half of those who fall will fall again in the next year, and 5–10% of all falls result in major injuries. Falls can be devastating to older patients, and are the most common cause of nonfatal injuries and hospital admissions for trauma. This can lead to poorer overall functioning and earlier admission to long-term facilities. Anything we can do to help prevent falls will improve patients’ longevity and quality of life.

**Resources for conversations about falls**

*KPWA Fall Prevention Guideline*
Educational material available in print and online at kp.org/wa:
- Home Fall Prevention and Safety Checklist
- Preventing Falls in Your Home: Take Steps to Protect Yourself
- Your Tip Sheet for Better Health

**Urinary incontinence**

**Background**
Asking about urine leakage problems is helpful for identifying urinary incontinence, because most affected individuals are reluctant to disclose their symptoms unless asked specifically about them. Simple questions can quickly and sensitively identify individuals in need of evaluation and therapy. Urine leakage can lead to social isolation and skin problems that can affect the quality of life for both men and women, but effective interventions are available.
Resources for conversations about urinary incontinence
Educational material available in print and online at kp.org/wa:

- Bladder Control Booklet for Women
- Urinary Incontinence in Women
- Your Tip Sheet for Better Health