

Bladder Control: Provider Quick Guide

Urinary incontinence is a common condition that affects millions of people, impacting daily routines and overall well-being. Understanding the causes, types, and treatment options can help you guide patients toward effective care. These conversations also align with the annual Medicare Health Outcomes Survey (HOS) bladder control questions which measure patient discussions and experiences held with their providers.

Why Is This Important?

- Improves patient confidence and education in discussing sensitive topics.
- Addresses underdiagnosed issues that affect independence, fall risk and quality of life.



Talking About Bladder Control

Bring forward open discussions about bladder control with your patients.

Ask questions like:

- Many people experience bladder changes – has this been an issue for you?
- Have you noticed any urgency, leakage, or getting up often at night to use the bathroom?
- Are you having any problems with your bladder that has affected your daily activities?

Offer reassurance and normalize the discussion.

Remember: Routine screening questions can improve identification and treatment as many patients do not report symptoms unless they are directly asked.

Recommended Best Practices

- Review medications and relevant medical conditions.
- Recommend bladder training if appropriate. Examples include:
 - Scheduled voiding (set a starting interval and increase by 15 minutes every few days as tolerated).
 - Urge suppression techniques (stop, breathe, pelvic floor squeezes, then walk to the bathroom once urgency decreases).
 - Bladder diary (track fluids, timing, urgency, and leakage to identify triggers and progress).
- Follow up with the patient for additional discussions and regular check-ins.
- Use a validated urinary incontinence questionnaire.

Questions About Bladder Control in Health Outcomes Survey

- *Many people experience leakage of urine, also called urinary incontinence. In the past 6 months, have you experienced leaking of urine?*
- *Have you ever talked to your doctor, nurse, or other health care provider about leaking of urine?*

Coding Tips:

CPT-CAT II

1090F: Presence or absence of urinary incontinence assessed