

# THE CAPSULE

November 2021

## PHARMACY HIGHLIGHTS

- Avendi is now providing COVID-19 boosters
- Employee of the Quarter



Lorena Purcell, CPhT

Lorena has worked for Avendi for two years. She is an outstanding Pharmacy Technician with a dedication to a job well done.



## Competence Caring for Urinary Incontinence

- Approximately 50% of residents in a nursing home experience incontinence
- Incontinence can lead to other issues in the elderly, such as an **INCREASE IN FALLS** as well as skin issues like **dermatitis, fungal infections, pressure injuries, and urinary tract infections (UTI)**.

## Aging Related Bladder Changes:

- Less capacity – Average bladder capacity is 400-450 ml. However, with age capacity declines to 250-350 ml. Lower bladder capacity means increased frequency of urination which can lead to incontinence.
- Weakened muscles – Weakened bladder muscles means increased difficulty holding urine.
- Decrease in bladder sensation – The bladder cannot tell it is full and overfills, leading to incontinence.
- Elasticity diminishes – This loss of the bladder's ability to stretch can cause the bladder to overflow.
- Change in communication to the bladder – Nerve and muscle signals to the bladder decline resulting in a decreased ability to hold in urine.

## Other Contributing Conditions:

- **Arthritis or other physical limitations** – If a resident has difficulty moving, getting to the restroom may be difficult leading to incontinence and falls.
- **Heart conditions** – Certain heart conditions cause the body to retain fluid. Fluid retention with the above bladder changes may lead to incontinence.
- **Medications** – Certain medications increase the amount of urine that the body produces. Diuretics like Lasix, Spironolactone, and Bumex all cause increased urine production.
- **BPH (benign prostatic hyperplasia) / enlarged prostate**
- **Skin Care** - Moisture from urine causes incontinence-associated dermatitis, which is damage to the skin caused by chronic exposure to moisture. It can be painful and increases the risk of pressure injury and skin infections, so it is important to keep skin clean and dry.

## Treatment in Incontinence

Lifestyle Interventions	Behavioral Interventions in Cognitively Impaired
Adjust fluid intake timing (e.g., avoid after 5pm) <ul style="list-style-type: none"> <li>Reduce carbonated beverages (with or without caffeine), coffee or tea (with or without caffeine), citrus juice and fruits, tomatoes and tomato-based products, spicy foods, artificial sweetener, chocolate, corn syrup, sugar or honey, alcohol</li> </ul>	<b>Habit training:</b> Use timed voiding with the interval based upon the individual's usual voiding schedule as evident on the bladder diary
Manage Constipation Use pads protective garments	<b>Scheduled voiding:</b> Use when unable to toilet independently (timed voiding using an arbitrarily set interval, usually every 2-3 hours)
Pelvic Floor Muscle Strengthening/Kegel Exercises	<b>Prompted voiding:</b> Regular monitoring with encouragement for patients to report their continence status; Prompting to toilet on a scheduled basis; praise and positive feedback when individuals are continent and attempt to toilet

Commonly used Pharmacological Treatments	
	Clinical Considerations
Antimuscarinic Agents: <ul style="list-style-type: none"> <li>Ditropan® (oxynutynin)</li> <li>Detrol® (tolterodine)</li> <li>Vesicare® (solifenacin)</li> <li>Sanctura® (trospium chloride)</li> <li>Toviaz® (feosterodine fumarate)</li> </ul>	<ul style="list-style-type: none"> <li>Limit its usage due to antihistamine side effects: dry mouth, constipation, dry eyes, blurred vision, urinary retention, dyspepsia, cognitive impairment</li> <li>If treatment failure and/or AEs with one antimuscarinic agent, try at least one other agent with consideration of side effect profile</li> <li>Extended release(ER) or Long-acting formulations are generally better tolerated</li> </ul>
Beta Adrenergic Agents: <ul style="list-style-type: none"> <li>Myrbetriq® (mirabegron)</li> <li>Gemtesa® (Vibegron)</li> </ul>	<ul style="list-style-type: none"> <li>Renally dosed</li> <li>Similar side effect as above, slightly better tolerated</li> <li>Mirabegron - Not recommended for use in patients with severe uncontrolled</li> </ul>

### Resources:

Micromedex® (electronic version). IBM Watson Health, Greenwood Village, Colorado, USA. Available at: <https://www.micromedexsolutions.com/> (cited: 11/11/2021).  
[AAPACN In-Service-Tool Urinary-Incontinence June.pdf](#)



**AvendiRx**<sup>®</sup>  
LONG TERM CARE PHARMACY

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**Upcoming Events:**

Thursday November 25, 2021 – Closed for Thanksgiving  
 Friday December 24, 2021 – Pharmacy will close at 5pm  
 Saturday December 25, 2021 – Closed for Christmas  
 Saturday January 1, 2022 – Pharmacy will be open regular weekend hours

Should you have an emergent need we always have a pharmacist on-call 24/7.  
 They can be reached at 828-855-9767