

Pharmacist Learning Objectives:

1. Identify the type of urinary incontinence based on symptoms.
2. List causes of transient incontinence present in inpatient and outpatient settings.
3. Describe the pathophysiology of various types of urinary incontinence.
4. Name treatment options for various types of urinary incontinence.
5. Identify the primary contraindications and adverse effects of each medication class used in the treatment of urinary incontinence.

Learning Assessment Questions for Pharmacists

1. A patient who complains of frequent urination and urgency with occasional leakage, especially after sneezing, most likely has
 - a. stress incontinence.
 - b. urge incontinence.
 - c. overflow incontinence.
 - d. mixed incontinence.
2. Causes of transient incontinence include:
 - a. Post-partum structural issues
 - b. Atrophic urethritis
 - c. Dehydration
 - d. Diarrhea
3. Which class of medications works by relaxing the bladder neck?
 - a. Alpha-1 blockers
 - b. Anticholinergic agents
 - c. Cholinergic agents
 - d. 5-Alpha reductase inhibitors
4. A patient was recently diagnosed with stress urinary incontinence. They are unsure of the name and strength of their medication. From the potential choices, it is most likely:
 - a. Tolterodine 2 mg twice daily
 - b. Phenylpropanolamine 30 mg
 - c. Imipramine 50 mg at bedtime
 - d. Pseudoephedrine XR 60 mg three times a day
5. Which of the following is not a side effect of anticholinergic agents?
 - a. Dry mouth
 - b. Constipation
 - c. Bradycardia
 - d. Mental status changes
6. The somatic nervous system innervates the following structures and is also known as the _____ nervous system:
 - a. Bladder and the external urethral sphincter, voluntary
 - b. Pelvic floor and the external urethral sphincter, involuntary
 - c. Bladder and the urethra, involuntary
 - d. Pelvic floor and the external urethral sphincter, voluntary
7. The difference between overactive bladder and overflow incontinence is whether or not there is involuntary leakage of urine.
 - a. True
 - b. False
8. Which medication must be used for at least 6 months to see effects?
 - a. Duloxetine
 - b. Dutasteride
 - c. Tamsulosin
 - d. Bethanechol
9. Bethanechol is contraindicated in all of the following disease states except
 - a. Asthma
 - b. Epilepsy
 - c. Dementia
 - d. Hyperthyroidism

Pharmacy Technician Learning Objectives:

1. Describe the prevalence of urinary incontinence.
2. Identify the different types of urinary incontinence.
3. List the significant causes of urinary incontinence.
4. Select the primary medications used to treat urinary incontinence.

Learning Assessment Questions for Technicians

1. Age is a risk factor for incontinence as many patients with incontinence are elderly.
 - a. True
 - b. False
2. Women most often have this type of incontinence:
 - a. Urge
 - b. Mixed
 - c. Stress
 - d. Overflow
3. In men, overflow incontinence is often caused by an enlarged prostate.
 - a. True
 - b. False
4. Duloxetine, which is prescribed for stress urinary incontinence in Europe, is available in the U.S. in the following strengths:
 - a. 20, 30 and 60 mg capsules
 - b. 10, 40 and 80 mg capsules
 - c. 20, 30, 40 and 80 mg tablets
 - d. 10, 40 and 80 mg tablets
5. Functional urinary incontinence occurs when a patient is unable to get to a restroom in an appropriate amount of time due to mobility or cognitive deficits.
 - a. True
 - b. False
6. Which medication is available as a tablet, extended release tablet, transdermal patch, and topical gel?
 - a. Oxybutynin
 - b. Tolterodine
 - c. Trospium
 - d. Doxazosin