Incontinence: Bladder Management After Stroke
WEBINAR DISCUSSION GUIDE

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Below are some questions to guide discussion about bladder management and stroke. Use these or others as an entry point for participants to think about incontinence and how it can be addressed.

1. Do you know how the bladder works?
2. Since there are many types of incontinence, how do you know which type you have?
3. Many foods and fluids can increase incontinence. Do you know which foods and fluids to avoid?
4. Why is functional incontinence different than other types of incontinence?
5. Kegel exercises can help strengthen pelvic floor muscles. Why is this important? How do you know if you are doing these exercises correctly? How often should you do Kegel exercises?
6. Why is keeping a voiding diary important?
7. What are the goals of incontinence management?
8. Why is experimentation important?
9. Have you experienced any complications of incontinence? What did you experience? What have you done to overcome these complications?
10. What strategies have you tried to help your incontinence? What has worked and what has not?