Urinary incontinence in women

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Which statement is false?
   a) Urinary incontinence is more common in women than men
   b) Urinary incontinence is an inevitable consequence of ageing
   c) Patients are often embarrassed to admit that they are experiencing symptoms of incontinence
   d) Seeking support and assistance from healthcare services for incontinence is associated with high levels of symptom bother and severity

2. Which of the following types of urinary incontinence is defined as the involuntary leakage of urine associated with suboptimal bladder emptying?
   a) Overflow incontinence
   b) Stress urinary incontinence
   c) Nocturnal enuresis
   d) Coital incontinence

3. Which of these is not a risk factor for urinary incontinence?
   a) Obesity
   b) Urinary tract infection
   c) Hypertension
   d) Constipation

4. During a continence assessment, the nurse should:
   a) Identify which issue is the most significant for the patient
   b) Review the patient’s current medicines
   c) Ascertain what gynaecological surgery the patient has had, if any, to assist in determining the cause of their incontinence
   d) All of the above

5. Which type of medicines may affect continence by decreasing smooth muscle contractility in the bladder, causing urinary retention and constipation?
   a) Antidepressants
   b) Calcium channel blockers
   c) Diuretics
   d) Antipsychotics

6. One disadvantage of using a bladder diary when assessing a patient’s bladder habits is:
   a) They are expensive to complete
   b) They do not provide any information about the type and volume of fluids that the patient consumes
   c) They can be challenging for patients to complete, particularly for those with learning difficulties or memory loss
   d) They cannot be used to determine the frequency of the patient’s micturition

7. A patient should be referred to a urology service if they have which of the following red flag signs or symptoms?
   a) Benign pelvic masses
   b) Visible haematuria
   c) Associated faecal incontinence
   d) Symptomatic urogenital prolapse

8. What is the most commonly used type of medicine to treat overactive bladder symptoms?
   a) Anticholinergics
   b) Opiates
   c) Beta blockers
   d) Anxiolytics

9. Vaginal pessaries can be used to:
   a) Assist patients when undertaking pelvic floor exercises
   b) Encourage patients to empty their bladder at regular intervals, rather than only when they feel the urge to void
   c) Provide support and reduce the feeling of heaviness that women with vaginal prolapse may experience
   d) Treat vaginal atrophy and bleeding

10. Which of the following is an advanced treatment for incontinence that may be offered in specialist services?
    a) Percutaneous tibial nerve stimulation
    b) Bladder neck incision
    c) Botulinum toxin (Botox) injections
    d) All of the above

How to complete this quiz
This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.

- You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.
- You might like to read the article before trying the questions.

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This multiple-choice quiz was compiled by Alex Bainbridge

The answers to this multiple-choice quiz are:

1. b 2. a 3. c 4. d 5. b 6. c 7. b 8. a 9. c 10. d