

Burdens and Educational Needs of Informal Caregivers of Older Adults With Urinary Incontinence: An Internet-Based Study

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Abstract

Purpose: The purpose of this study was to describe the burden and educational needs of informal caregivers of care-dependent older adults with urinary incontinence (UI).

Design: A cross-sectional, descriptive survey of informal caregivers recruited through Google Ads was performed.

Methods: An online survey, including the Overactive Bladder-Family Impact Measure, was used to assess five areas of the experience of the informal caregiver that may be affected by caring for a person with UI and their educational needs.

Findings: Respondents (n = 77) reported a substantial impact of their care recipients' UI on their lives, with concern, travel, and social subscales most affected. However, 42% never sought treatment on behalf of their care recipient. Educational needs included UI treatment strategies and guidance to select appropriate supplies.

Conclusions: Caregivers underreported their care recipient's UI and need substantially more support from healthcare providers to manage the condition.

Clinical Relevance: Nurses should assess for UI among care-dependent older adults and, if present, provide information and strategies to lessen the impact on caregiver lives.

Keywords: Caregivers; cross-sectional studies; internet; survey; urinary incontinence.

Areas for reflection

- Does your assessment consider the needs of informal carers supporting your patient?
- How can we make informal carers more aware of the support available for people with continence needs?

If you would like further information and resources for either yourself, your colleagues or your patients, Coloplast have created a resource which can be accessed [here](#).