



Examples of Urinary Incontinence Intervention Sustainability Menus

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Examples of a Urinary Incontinence (UI) Intervention Sustainability Menu

Resource Description: These are examples of practice- and patient-facing sustainability menus created by the EMPOWER team for the AHRQ EvidenceNOW: Managing Urinary Incontinence initiative. After a practice or patient has completed their participation in the study, the research team outlines several options for available next steps. For primary care practices, options are catered toward opportunities for them to continue their UI quality improvement efforts. The patient-facing version allows the patient to indicate additional resources that could help them in their UI management.

Practice-Facing Menu



Improve **Bladder Matters** after the EMPOWER Project
Providers / Staff

EMPOWER will provide your practice with the tools to implement the following:

- Screening female patients for urinary incontinence (UI) with paper screeners (ICIQ-SF)**
- Screening female patients for UI in EPIC**
- Having a staff member serve as a “Continence Advisor” for your practice – EMPOWER Nurse Navigators will provide a brief training**
- Having a provider identified to serve as a “Champion” for UI at your practice – EMPOWER PI, Dr. Adonis Hijaz will provide a consultation**
- Utilizing resources that help providers manage UI**
- Subscribe to receive referral lists for Pelvic Floor Physical Therapy and Urology specialists**
- Any other resources you would like? _____**

If you would like to consider incorporating any of these activities in your practice after the EMPOWER screening initiative is over, please check ALL that are of interest and we will follow up with more information (scan this sheet via email).

Any other feedback or questions are welcome! Contact Elisar Khawam at Elisar.Khawam@UHhospitals.org or call 216-844-2493.

Thank you for your participation in the EMPOWER Project.

Sincerely,

The EMPOWER Team

Patient-facing Menu



Improve **Bladder Matters** after the EMPOWER Project **Patients**

- Bladder diary**
- Educational reading materials**
- Pelvic floor exercise handouts**
- Websites for bladder health foundations and advocacy organizations**
- Information on virtual coaching and support groups**
- Behavioral modification resources e.g., smoking cessation**
- Self-screening for UI in patient portal (MyChart)**