



UNDERSTANDING INCONTINENCE



TOTAL CARE AND QUALITY
LIFESTYLE FOR FAMILIES
AND LOVED ONES

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WHAT IS INCONTINENCE?

Incontinence is defined as a loss of bladder and/or bowel control, resulting in the involuntary loss of urine and/or stool.

A number of factors and disorders can lead to incontinence, including birth defects, pelvic surgery, injuries to the pelvic region or to the spinal cord, neurological diseases, multiple sclerosis, poliomyelitis, infection, and degenerative changes associated with aging. It can also occur as a result of pregnancy or childbirth.¹

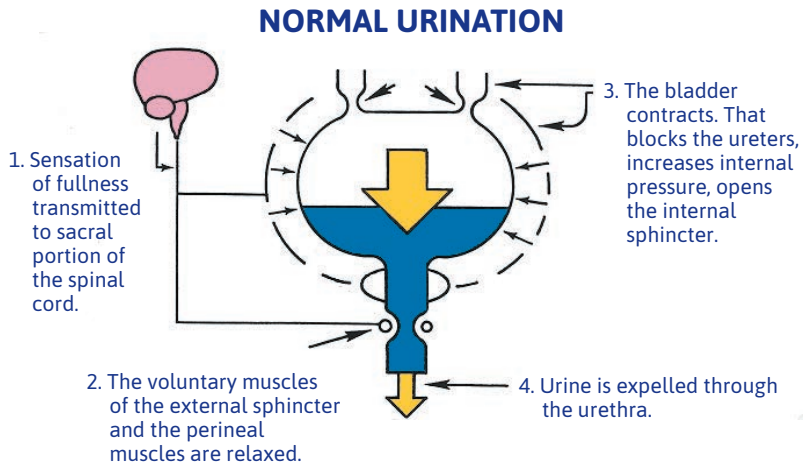


WE ARE NOT ALONE

Even the healthiest among us can experience one or more types of incontinence. **Nearly 3.3 million²** Canadians live with incontinence everyday, yet the condition is not widely understood or recognized. The most important fact to understand is that incontinence is a symptom and not a disease. Help is available to reduce or eliminate incontinence by treating and/or managing the underlying causes in ways that fit your loved one's personal lifestyle and preferences. In other words, **incontinence does not have to change the way your loved one feels about him- or herself or their ability to live life to the fullest.**

WHAT CAUSES INCONTINENCE?

Understanding the cause of the incontinence will help define the treatment and management options. We can start by looking at how our urinary system works in normal urination.³



Normal urination involves the excretory organs, the brain and the communication pathways between the two. Any malfunction or disruption of the process of the brain sending a “bladder’s full” signal – or the excretory organ acting on that signal – can lead to incontinence. Just a few of the common causes include:

- childbirth
- excess weight
- urinary tract infections
- illness
- prostate surgery
- weakening of the pelvic muscles
- hormonal changes to bladder support during menopause
- certain heart and high blood pressure medications

WHAT ARE THE TYPES OF INCONTINENCE?⁴

1–Stress Intermittent, slight leakage of urine

Causes: weakened pelvic or sphincter muscles associated with pregnancy, childbirth, surgery or radiation therapy.

Symptoms:

- Bladder leakage with cough, sneeze, physical activity
- Bladder leakage in small amounts (drops, spurts)
- No incontinence at night
- Incontinence without sensation of urine loss

2–Urgency A sudden, involuntary emptying of the bladder

Causes: the bladder contracts when it should not. This can be caused by urinary tract infection or by brain damage typical of stroke.

Symptoms:

- Strong, uncontrolled urgency prior to incontinence
- More frequency of urination
- Incontinence at night more than 2 times
- Urine loss on way to bathroom
- Moderate to large amount of urine leakage (gush)

3–Mixed Symptoms of both Stress and Urgency incontinence

4–Overflow A continual leakage of urine

Causes: bladder fails to contract when it should, or becomes overfull because it cannot release the urine due to an obstruction of the urethra. One of the reasons for this is the side effects of

medication. Other causes can be constipation, or an enlarged prostate gland in men.

Symptoms:

- Difficulty starting urine streams
- Weak or intermittent stream (dribbles)
- Post-void bladder dribbling
- Prolonged bladder voiding
- Feeling of fullness after bladder voiding
- Voiding small bladder amounts often

5–Functional Usually associated with strong emotional states, psychiatric problems, poor mobility or physical barriers in the environment which prevent a person from reaching a toilet in time.

Causes: no physical disorder in the excretory system; however, psychiatric/emotional problems or the physical inability to get to a toilet prevent normal continence.

Symptoms:

- Mobility/manual dexterity impairments (arthritis, tendonitis in hands)
- Lack of toilet access
- Medication usage (sedative, hypnotic, CNS diuretic, anticholinergic, alpha-adrenergic antagonist)
- Pain with movement

6–Total A constant loss of urine

Causes: neurological disorder causes a lack of sensation. Some causes are spinal cord injuries, birth defects, severe trauma and senility.

WHAT MEDICATIONS CONTRIBUTE TO INCONTINENCE?

MEDICATIONS THAT AFFECT BLADDER FUNCTION⁵

Use this chart as a quick reference guide.

Ask your family doctor for more information on medications and their effects.

MEDICATION	EFFECT
ACEI (Captopril, Lisinopril, enalapril, Vasotec, etc.)	Increased coughing leading to stress UI.
Alpha-adrenergic agonists (pseudoephedrine, ephedrine)	Increased urethral sphincter resistance causing post-void dribbling, straining, hesitancy in urine flow. Urethral constriction, urinary retention (male).
Alpha-receptor antagonists (prazosin, terazosin, doxazosin)	Urethral relaxation and decreases urethral sphincter resistance causing stress UI (females).
Anticholinergics (H1 antihistamines, antiparkinsonian agents)	Urinary retention with symptoms of post-void dribbling, straining, hesitancy in urine flow, overflow incontinence, fecal impaction.
Antidepressants, tricyclic	Anticholinergic effect, alpha-receptor antagonist effect causing post-void dribbling, straining, hesitancy in urine flow.
Psychotropics	Accumulate in the elderly and cause sedation, confusion, and immobility, resulting in functional UI.
Beta-receptor antagonists (propranolol [Inderal], metoprolol [Lopressor], atenolol [Tenormin], etc.)	Urinary retention.
Calcium channel blockers (verapamil [Calan], diltiazem [Cardizem], nifedipine [Adalat], etc.)	Reduces smooth muscle contractibility, causing urinary retention, fecal impaction.
Diuretics (e.g. furosemide)	Increases urine production and volume (polyuria) leading to urgency and frequency, bladder irritation. Late afternoon dose of a rapid acting diuretic may reduce nighttime symptoms.
Methylxanthines (caffeine, Theophylline)	Polyuria, bladder irritation.
Neuroleptics (thioridazine [Mellaril], chlorpromazine [Thorazine], etc.)	Anticholinergic effect, sedation.
Opioids, narcotics	Depress the central nervous system, causing sedation, confusion, and immobility, leading to urinary retention and UI.
Sedative-hypnotics	Sedation effect may relax detrusor muscle; delirium.
Other (caffeine and alcohol)	Act as diuretic leading to urgency and frequency, induces sedation.

Adapted from Newman D.K., Giovannini D. The overactive bladder: a nursing perspective. Am J Nurs 2002;102(6):36-45.

HOW LONG DOES INCONTINENCE LAST?

Depending upon the causes, incontinence may be permanent or temporary. A factor leading to permanent incontinence could be a traumatic injury to the spinal cord, where it is no longer possible for the brain to send signals to the bladder and bowel. Temporary incontinence may be caused by medications such as diuretics. When the diuretic is no longer taken, the incontinence may disappear. Since there are many causes and treatments for the loss of bladder and bowel control, we recommend seeking advice from your family health care provider to discuss treatments and options.



WHAT WILL OUR FAMILY HEALTH CARE PROVIDER ASK?

Common questions that your health care provider may ask include:⁶

QUESTION FOR THE INDIVIDUAL EXPERIENCING SYMPTOMS	THIS COULD INDICATE
Do you have strong, sudden urges to urinate?	Overactive Bladder
Have you leaked urine on the way to the bathroom?	Overactive Bladder with Urgency Urinary Incontinence
How often do you use the toilet to empty your bladder during the day hours?	Overactive Bladder
How often do you awaken at night to empty your bladder?	Overactive Bladder with the need to get up during the night in order to urinate
Do you lose urine when coughing, sneezing, laughing, exercising, or engaged in other forms of physical activity?	Stress Urinary Incontinence
Do you use pads, tissue, or cloth in your underwear to catch urine?	Urgency Urinary Incontinence, Stress Urinary Incontinence, Mixed Incontinence

Among the traditional options that health care providers will consider for dealing with incontinence are surgery, drug therapy, behavior modification and symptom management options such as absorbent products. In all cases, the health care provider's first thought will be to remove the cause of the incontinence.

SURGICAL PROCEDURES

In some cases of severe stress incontinence, a health care provider may prescribe surgery to tighten or provide support for weakened pelvic sphincter muscles. Overflow incontinence, when caused by an enlarged prostate or a tumor, will disappear when the prostate or tumor is removed. Other surgical procedures exist that correct or strengthen parts of the excretory organs. The health care provider will recommend the options that are most appropriate for your loved one.

DRUG THERAPY

Prescription drugs have also been widely prescribed in the treatment of incontinence. It is important to note that drugs can be added, eliminated, or dosages reduced in an effort to correct an incontinence symptom.

The following scenarios illustrate effective drug therapies in the treatment of incontinence.

SCENARIO 1: A bladder or urinary tract infection causes incontinence. Antibiotics are prescribed to clear up the infection and the incontinence also disappears.

SCENARIO 2: A woman past childbearing age might experience a reduction of hormone levels and atrophy of the vaginal tissues, which can contribute to stress incontinence. The preferred drug treatment for this case is oral or topical estrogen, which restores hormonal balance and may eliminate incontinence.

SCENARIO 3: In some cases, people who take medication for depression suffer from urgency incontinence. A health care provider may choose to reduce the sedative or hypnotic drugs to increase awareness and eliminate incontinence.

WHAT CAN WE DO?

For many individuals, behavior modification is the treatment of choice because it is the most natural. For most adults this is simply a matter of adopting new habits that can greatly enhance their quality of life.

Adults who remain physically active look and feel better and are more aware of their bodies. They tend to notice small changes in their physical ability to perform certain functions. They also notice physical reactions to foods and drugs. Physical activity also helps maintain a proper body weight. This is a major benefit because excess weight increases pressure on the excretory organs and can contribute to incontinence.



ENVIRONMENTAL FACTORS TO CONSIDER

THESE TIPS CAN HELP INCONTINENCE TO “DISAPPEAR”¹⁷

Based on environmental factors, your family health care provider will consider contributing factors that may be causing incontinence symptoms. Finding the causes of these symptoms and providing interventions can help make incontinence “Disappear.”

ACRONYM	CAUSES	TREATMENT OPTIONS
D	Delirium ► can't find bathroom, can't attend to sensation of need	Find cause & resolve delirium.
I	Intake – fluid (amount, type, and timing) ► frequency, urgency & nocturia	Encourage intake of at least 1500 – 1800 mL per day by 6 PM. Avoid irritants & diuretics (caffeine, artificial sweeteners, alcohol & carbonation).
S	Stool impaction & constipation ► can cause urgency or urinary retention	Do post void residual to check for retention. Relieve and prevent impaction/constipation.
A	Atrophic vaginitis ► stress &/or urge	Topical estrogen (prescription). Or use moisturizers (e.g. Replens) Gentle perineal wash. No soap.
P	Psychological problems (depression)	Manage depression.
P	Pharmaceuticals that can contribute to incontinence: (See chart) Post-op retention due to anaesthetic	Do post void residual to check for retention. Review medications including OTC for contributors & discuss with physician.
E	Excess urine output (r/t excess intake or peripheral edema) ► frequency, urgency	Consider reducing intake to < 2000 mL; reduce intake in evening to sips; elevate legs at heart level or above in evening.
A	Abnormal lab values: UTI ► frequency & urge); hyperglycemia ► UTI, diuresis & urge; hypercalcemia ► diuresis; hypothyroid ► bladder instability & urge	Treat infection if symptomatic. Avoid indwelling catheters. Control blood sugar. Discuss with physician.
R	Restricted mobility: (avoid bedpans ► retention)	Mobilize, promote ease of getting to bathroom, clothing, commode, regular toileting, prompt assistance, avoid restraint

HOW DO TENA® PRODUCTS SUPPORT INCONTINENCE MANAGEMENT TREATMENTS?⁸

CONTINENCE STATUS	SYMPTOMS	BLADDER/TOILETING PROGRAM	DRUG THERAPY	ABSORBENT PRODUCT
Continent				
Usually Continent	Leakage with coughing, sneezing, physical exertion	Pelvic floor muscle exercises	None	TENA Sensitive Care™ Light Pads, TENA MEN™
Occasionally Continent	Urgency, frequency, occasional leakage with physical exertion or on way to bathroom	Bladder retraining with urge suppression techniques Pelvic floor muscle exercises If impaired cognition, consider toileting program	Antimuscarinics: Ask your health care provider for more information	TENA Sensitive Care™ Moderate Pads, TENA Comfort™ Pad, Extra, TENA ProSkin® Day Regular Pad, TENA ProSkin® Underwear for Women and for Men
Frequently Incontinent	Urgency, frequency, several episodes of moderate to large amounts of urine leakage that occur on the way to the bathroom and/or with physical activity	Consider toileting program such as scheduled toileting or prompted voiding If able to identify urge sensation consider bladder retraining	Antimuscarinics: Ask your health care provider for more information	TENA Sensitive Care™ Ultimate & Overnight Pads, TENA Comfort™ Pad, Extra, TENA ProSkin® Day Plus Pad, TENA Women & TENA Men™ Protective Underwear, TENA ProSkin Stretch® Brief Ultra Absorbency
Incontinent	Day and nighttime urine leakage, may occur without being aware	Scheduled toileting during waking hours	Antimuscarinics: Ask your health care provider for more information	TENA ProSkin® Protective Underwear Extra and Overnight Super, TENA ProSkin Stretch® Brief, Super Absorbency, TENA ProSkin® Night/Super Pad

Products that work well as a complement to the above:

TENA Underpads
(for bed or chair protection)



TENA Skincare Products



HOW CAN TENA[®] PRODUCTS HELP?

Whether incontinence is temporary or of a longer duration, your loved one will want to keep doing the activities they enjoy. That means the choice of absorbent products is extremely important. The products chosen should allow the individual to continue their lifestyle with confidence and security.

TENA is the world leader in incontinence care products, featuring a full line of comfortable products for very mild to maximum bladder and/or bowel incontinence protection. With TENA, your loved one can choose a product that's right for their needs. No matter what type of incontinence, TENA provides individuals customized protection, comfort, and the dignity needed to maintain their normal lifestyles. Please see our full reference chart at the back of this booklet that helps in product understanding and selection.



WHY IS SKIN CARE SO IMPORTANT?

Preventing skin breakdown before it begins is an important concern for anyone experiencing incontinence. The use of quality perineal care products helps to prevent redness, irritation and itchiness in the delicate body areas exposed to incontinence. Effectively removing urinary residue and moisturizing these delicate skin areas while cleansing helps to maintain comfort and skin health. Soap is not recommended because of the drying effect, and soap residue left on the skin can cause irritation and sensitization.⁹

TENA Skincare 3-in-1 products are easy to use at home or when traveling because they provide 3 actions in only one product. You can clean, moisturize and protect delicate skin in one easy step — and they also help to prevent odour for a fresh, more confident feeling!

TENA PROSKIN® CLEANSING CREAM

Gentle 3-in-1 perineal care cleansing formula. Cleans, moisturizes and protects.

- No rinse
- pH balanced
- Helps control odour
- Helps maintain the natural protective mantle of the skin
- Not sticky or greasy
- Effectively cleans away urinary and fecal residue for a fresh, more comfortable feeling



TENA PROSKIN® SHAMPOO AND BODY WASH

For gentle cleansing of skin and hair.

- Conditioning and anti-static properties
- Mild, pH 5.5 formula is non-irritating or drying to fragile skin
- Wash and rinse formula



TENA PROSKIN® PROTECTIVE CREAM

Intended to safeguard skin against environmental risks.

- Contains moisturizing qualities and vitamin E to maintain skin balance
- Replenishes the skin's moisture barrier
- Does not contain lanolin or fragrance

Fragrance free formulation



TENA PROSKIN® BARRIER CREAM

Replenishes and protects the skin's natural moisture barrier.

- Gentle formula is a blend of natural oils, dimethicone, glycerin, and vitamin E
- Designed specifically for use on elderly skin during incontinence care routines
- Helps maintain skin's natural pH (pH 5.3)

Fragrance free formulation



TENA PROSKIN® BODY CREAM

Nourishes normal to dry skin to keep the skin feeling smooth and soft.

- Hydrates dry skin with a blend of natural oils, leaving the skin feeling smooth and soft
- Easy to apply – glides across skin
- Does not leave skin feeling greasy or sticky

Fragrance free formulation



TENA PROSKIN® WIPES

For fast, gentle and effective skin cleansing.

Fragrance free formulations available

- Soft, smooth and gentle on delicate skin
- Alcohol-free
- Easy, one-handed dispensing
- Helps control odour



Environmentally friendly TENA UltraFlush® Wipes

- An adult-sized pre-moistened washcloth that is strong enough for personal cleansing but gentle on pipes in the event of accidental flushing



TENA PROSKIN® BATHING GLOVE

Developed to better care for fragile skin, minimize cross-contamination, and provide a more convenient and efficient routine for both residents and caregivers.

- Soft material; pre-moistened with a mild, pH 5.5 body wash formula
- Eliminates the need for soap, water, basins or additional towels
- Can be used as alternative, or in addition, to regular baths/showers
- May be warmed for a more soothing bathing experience
- Available scented or scent free



WHY IS NIGHTTIME DIFFERENT FROM DAYTIME?

Quality sleep is a restorative state providing the body with a chance to refresh and repair itself, and promotes the overall well-being of both wearers and caregivers. Incontinence may lead to frequent episodes of waking for the individual. The use of poor quality absorbent products that leak and do not wick fluid away from the skin to keep it dry can contribute to awakenings, discomfort, and may poorly affect the skin health of the wearer.

The adverse effects of fragmented sleep include:¹⁰

- Behavioral changes
- Decline in physical endurance
- Listlessness
- Anxiety
- Depression
- Knowledge deficits
- Impaired mobility
- Decreased physical, emotional, or cognitive abilities



TENA understands the importance of quality, uninterrupted sleep and provides specialized products for effective nighttime incontinence care. TENA ProSkin® Night Super Products are designed for extended wear or overnight use to reduce sleep disturbance, or while traveling for improved comfort and security. Combine our absorbent products with TENA ProSkin® Cleansing Cream, promoting an incontinence care solution that helps protect delicate perineal skin.

WHERE CAN I FIND MORE INFORMATION?

National Association For Incontinence (NAFC): www.nafc.org

Alliance for Aging and Research: www.agingresearch.org

Cystitis Information: www.cystitis.com

Heart and Stroke Foundation: www.heartandstroke.ca for Healthy Weight Advice

www.Parentgiving.com

The Canadian Continence Foundation: www.canadiancontinence.ca

Canadian Nurse Continence Advisor Association: www.cnca.ca

www.tena.ca/en/caregiver



CUSTOMIZED PROTECTION

With a full line of bladder control protection products, the

A B S O R B E N C Y

Light

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Maximum

TENA MEN™

Anatomically designed, discreet product style specifically for men with mild to moderate bladder control protection needs. Individually wrapped with an adhesive strip to wear with regular, brief-style underwear.



TENA Men™
Maximum
Guards



TENA Sensitive Care™
Extra Coverage
Very Light Liners



TENA Sensitive Care™
Ultra Thin
Light Pad



TENA Sensitive Care™ Extra
Coverage
Ultra Thin
Light Pad



TENA Sensitive Care™
Moderate
Pad



TENA Sensitive Care™ Extra
Coverage
Moderate
Pad



TENA ProSkin®
Day Light
Pad
*Not individually wrapped.



TENA Sensitive Care™ Extra
Coverage
Maximum
Pad



TENA ProSkin®
Night/Super
Pad



TENA Sensitive Care™
Ultimate
Pad



TENA Sensitive Care™ Extra
Coverage
Overnight
Pad



TENA ProSkin®
Comfort Pants

TENA PADS[†]

Pads designed for moderate to maximum incontinence protection. Provide a more discreet, body-close fit when worn with TENA ProSkin® Comfort Pants.



TENA Comfort™
Pad, Extra



TENA ProSkin®
Day Regular
Pad



TENA ProSkin®
Day Plus
Pad



TENA ProSkin®
Night/Super
Pad

[†] TENA Pads are designed to be worn with TENA Reusable Pants.



All products contain superabsorbent polymers and are latex free.

WHAT'S RIGHT FOR YOU

TENA® brand has a solution to meet your individual needs.

& COVERAGE

Maximum

TENA PROTECTIVE UNDERWEAR

Designed to be worn like regular underwear, products pull up and down for ease of application. With soft, breathable materials that promote security, comfort and dignity.



TENA Classic Protective Underwear



TENA ProSkin® Plus Protective Underwear



TENA ProSkin® Protective Underwear for Women



TENA ProSkin® Protective Underwear for Men



TENA Women Super Plus Underwear



TENA MEN™ Protective Underwear, Super Plus Absorbency



TENA ProSkin® Extra Protective Underwear



TENA ProSkin Overnight™ Super Protective Underwear

Bariatric Protective Underwear available

TENA BRIEFS

Convenient, one piece briefs provide maximum protection and a trim fit for moderate to maximum bladder and/or bowel control.



TENA ProSkin® Plus XS Brief



TENA Classic Plus Brief



TENA ProSkin® Ultra Brief



TENA ProSkin Stretch® Briefs Ultra and Super



TENA ProSkin® Super Brief

Bariatric Brief available
Full line of Underpads available

TENA Skincare Products

TENA Skincare Products are available to gently and effectively cleanse delicate skin, to remove odours and residue while maintaining skin health.

TENA ProSkin® Cleansing Cream



TENA ProSkin® Body Wash & Shampoo



TENA ProSkin® Protective Cream



TENA ProSkin® Barrier Cream



TENA ProSkin® Body Cream



TENA ProSkin® Wipes



TENA ProSkin® Bathing Glove



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This material is intended to provide you with general information. It does not take the place of services provided by a health care professional.

For more information please visit
www.tena.ca/professionals or call our TENA® Customer Support at 1.800.510.8023

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