



## Self-Management Guide for Older Women with Urinary Incontinence

**An evidence-based booklet to support older women with urinary leakage and other symptoms.**

Urinary incontinence is a distressing condition that limits women's quality of life and places a heavy burden on health care services. Together with health professionals, academic researchers and women living with this condition, this self-management booklet was developed through reviewing existing evidence and individual interviews. Positive results are shown on symptom severity and anxiety status when it was tested with 50 women in a randomised control trial. Despite the need of a large clinical trial, this booklet is feasible and acceptable for older women with urine leakage.

### References

1. Fu Y, Nelson EA, McGowan L.(2019) , <https://bmjopen.bmj.com/content/9/8/e028626.info>, BMJ Open, 9
2. Fu, Y., Nelson, E.A. & McGowan(2020) , <https://bmcurol.biomedcentral.com/articles/10.1186/s12894-020-00603-8>, BMC Urol, 20 (43)

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