LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Differentiate the types and prevalence of urinary incontinence (UI) between genders and the changes that occur with aging.
2. Explain the pathophysiology of the major types of UI (urge, stress, overflow, and functional).
3. Identify the signs and symptoms of the major types of UI encountered in clinical setting.
4. Compare the differences in clinical presentation between stress (SUI) and urge urinary incontinence (UUI).
5. List the classes of medications that can cause or contribute to UI.
6. List the treatment goals for a patient with UI.
7. Identify the criteria for selecting nonpharmacologic treatment for patients with UI.
8. Describe nonpharmacologic treatment options based on incontinence type, gender, or other patient characteristics.
9. Compare and contrast anticholinergics/antimuscarinics for the treatment of UUI or overactive bladder (OAB).
10. Evaluate the role of mirabegron for the treatment of UUI or OAB in an individual patient.
11. Evaluate the roles of α-adrenoceptor agonists, duloxetine, vaginal estrogens, cholinomimetics, and tricyclic antidepressants for the treatment of UI in an individual patient.
12. Describe each individual agent for UI in terms of mechanism of action, treatment outcomes, adverse effects, and potential drug–drug interactions.
13. Identify factors that guide drug selection for an individual patient.
14. Prepare an individualized treatment plan for a patient to optimize efficacy and tolerability.
15. Prepare a monitoring plan for a patient based on patient-specific factors.
16. Describe nonpharmacologic treatment approaches (including surgery) for UI.
17. Formulate appropriate counseling information for patients receiving drug therapy for UI.