

# DIAPPERS

Potentially reversible/treatable causes of urinary incontinence

Transient conditions/symptoms causing or contributing to urinary incontinence that you need to look for and treat

## D - Delirium

- talking silly/funny stuff
- seeing funny things in the mind
- mixed up thoughts
- acting strange

## I - Infection (urinary tract)

Bug that causes:

- recurrent or new infection
- smelly wee
- burning and stinging in men's and women's lower private parts
- weeing more
- feeling hot/unwell when passing wee
- pain in lower back/belly

## A - Atrophic urethritis/vaginitis

Women's problems:

- itching, dryness, tenderness of women's private parts
- pale skin colour in private parts
- sore when having sex

## P - Psychological

- feeling sad/low mood
- withdrawn
- poor appetite
- no energy
- not sleeping

## P - Pharmacological

- medicine/drugs or potions/other stuff that affect waterworks or bowels

## E - Excessive urine output/endocrine disorders (diabetes)

- passing lots of wee day time or night time

## R - Restricted mobility

- unable to walk far
- unable to get to the toilet
- unable to undress self to wee or poo
- can't get about easy

## S - Stool impaction (constipation leads to impaction)

- hard, lumpy poo, dry motion
- poo blockage that is not fixed/helped/cleared out
- bunged up for a long time

To be used with local area language and interpretation.

**For further continence information contact National Continence**

**Helpline: Freecall 1800 33 00 66**

# RED FLAGS

Significant and causative factors related to urinary incontinence in older people  
Warning signs/what to look out for

## **Pain in lower pelvic region:**

- sore/hurts
- discomfort
- straining/grunting to pass poo

## **Recent unexplained weight loss:**

- losing weight without trying and without a reason

## **Recent sudden change in bowel habit (poo changes):**

- hard/runny/soft/watery
- size/time/colour and amount
- going to the toilet more or less

## **Pelvic mass:**

- lump in the belly or private parts

## **Rectal bleeding:**

- blood in poo
- blood from back passage

## **Persistent diarrhoea:**

- runny/soft/watery poo that does not go away
- liquid bowel/poo/motion
- smelly poo

## **Haematuria (wee changes):**

- pink/red blood in the urine
- water passed is red colour

## **Recurrent symptomatic urinary tract infection:**

(wee infection that recurs and is troublesome)

- stinging/burning when weeing
- weeing more
- smelly wee/unclear wee
- pain in lower back/belly area
- feeling unwell
- with/without fever

## **History of pelvic surgery or irradiation:**

(private part operation men/women)

- past operation on female/male lower private parts
- special treatment for sickness past or present

## **Major pelvic organ prolapse:**

- lump in private parts/men's and women's business
- women's private parts hanging out

For use by Indigenous health workers in conjunction with and reference to 'First Steps in the Management of Urinary Incontinence in Community-Dwelling Older People: A clinical practice Guideline 2010', Queensland Health.

