Hertfordshire and West Essex Integrated Care System

UI - Over Active Bladder (OAB) or Mixed Incontinence with predominant OAB

Information for GPs and healthcare professionals
Please ensure that you have sought the necessary consent from the patient to share their information across different healthcare professionals to ensure continuity of care.

Click for info for patients

Management of OAB or where OAB is the predominant symptom in mixed incontinence

- See pathway **UI - Assessment of Women**
- See pathway **UI - Criteria for hospital referral**

Cognitive problems affecting ability to engage in pelvic floor exercises and/or bladder training

- **Refer to Adult Bladder and Bowel Service**

Lifestyle advice
Lifestyle Interventions: http://www.nhs.uk/

BMI

- **30kg/m2 or greater** → See pathway **Enhanced Service Weight Management Pathway**

Click for more info → **Bladder diaries (3 days)**

Click for more info → **Offer self-guided bladder training**

Offer taken up - continue for at least 6 weeks

- **Significant improvement in OAB symptoms, but troublesome SI symptoms** → See pathway Management of stress urinary incontinence or mixed incontinence where SI is the predominant problem
- **Significant improvement in symptoms** → **Ongoing self-care**
- **Insufficient improvement in symptoms** → **Refer Adult Bladder and Bowel Service**

Declines self-guided bladder training

- **Refer Adult Bladder and Bowel Service**
- **Consider UI drug treatment with advice from Bladder & Bowel services before patients try medication** → See pathway **UI - Female - Drug Treatment for OAB & Mixed UI**

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Bladder diaries (3 days)

Give patient OAB leaflet: http://patient.info/health/overactive-bladder-syndrome
Use bladder diaries in the initial assessment of women with UI or OAB. Encourage women to complete a diary for 3 days covering variations in their usual activities, such as both working and leisure days.

Three-day Bladder Diary: http://www.enhertsccg.nhs.uk/

Bowel Habit Diary: http://www.enhertsccg.nhs.uk/

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Offer self-guided bladder training

Give patient OAB leaflet: http://patient.info/health/overactive-bladder-syndrome

Bladder Drill Self-Management Plan: http://www.enhertsccg.nhs.uk/

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Information for patients

- Bladder diary (minimum 3 days) **Bladder Diary - Urology Care Foundation**.
- Bladder training **https://patient.info/womens-health/lower-urinary-tract-symptoms-in-women-luts/overactive-bladder-syndrome-oab**
- Pelvic floor muscle training (minimum 3 months) **Pelvic floor exercises (kegel exercises) and stress incontinence**
- Patient education on self-management **Stress Incontinence | Symptoms and Treatment**
- **Self-help resources:** The NHS provides online information for people with **urinary incontinence**, available at www.nhs.uk.