

Life Sciences 生命科學

“Prompted Voiding” proven effective in managing urinary incontinence

「提示小便」有效改善長者失禁情況



A study finds that “Prompted Voiding” (PV) as a non-invasive behavioural strategy for urinary incontinence is effective in managing this common health problem among the elderly.

一項研究顯示「提示小便」作為一種非入侵性的行為治療，能有效處理長者經常遇到的失禁問題。

(Photo on left) Jockey Club CADENZA Project Director Prof. Jean Woo (second from left), Prof. Claudia Lai (second from right) and representatives of partnering organizations display the operation manual of the programme.
(左頁圖片) 賽馬會流金頌計劃總監胡令芳教授 (左二)、賴錦玉教授 (右二) 及合作機構代表展示「提示小便」計劃的實務手冊。

(Photo on right) Prof. Claudia Lai
(右圖) 賴錦玉博士



With a donation of HK\$1.26 million from The Hong Kong Jockey Club Charities Trust under CADENZA: A Jockey Club Initiative for Seniors, Prof. Claudia Lai, Director of Centre for Gerontological Nursing of the School of Nursing, who is also Jockey Club CADENZA Fellow, conducted an experimental study on the effectiveness of PV in managing urinary incontinence among elderly people. Fifty-two residents from five local nursing homes were randomly assigned to either an experimental group (PV therapy) or a control group (normal incontinence care). After six months of treatment, the results showed that the urinary incontinence rate among those with PV therapy dropped from 72.6% to 58.7%, while the rate for the control group rose from 66% to 77.6%, indicating that PV was effective in reducing urinary incontinence in local nursing homes and that the effects were sustainable over time.

During the study, caregivers provided positive reinforcement and prompted the elderly to go to washroom regularly, so as to reduce the occurrence of incontinence and increase the elders' awareness of bladder control. Staff training and quality assurance are the keys to the success of the PV programme. Nursing homes are recommended to appoint an officer-in-charge to develop a quality assurance, continuous surveillance and feedback system.

To further promote the therapeutic value of PV as a cognitive behavioural strategy, Prof. Lai has consolidated the findings and the keys to implementation into an operation manual under the sponsorship of The Hong Kong Jockey Club Charities Trust. Interested parties are welcome to request a free copy for reference.

護理學院耆年健康護理中心總監兼賽馬會流金頌學人賴錦玉教授，獲香港賽馬會慈善信託基金「流金頌：賽馬會長者計劃新里程」捐助一百二十六萬港元，進行一項名為「提示小便」的實驗性研究，探討這方法會否有效處理長者小便失禁問題。五十二位居於本港五間安老院的長者被隨機分配到實驗組(接受「提示小便」治療)或對照組(接受日常失禁護理)。研究結果顯示在「提示小便」行為治療六個月後，實驗組的失禁率從72.6%下降至58.7%，而對照組的失禁率則從66%上升至77.6%，證實了「提示小便」效果良好，能有效改善長者失禁的情況，成效亦能在安老院舍中持續。

研究中，院舍職員定時提醒長者上廁所，並加以鼓勵，這有助減少長者失禁及增強他們對膀胱控制的意識。要成功推行這計劃，員工培訓及質量保證至關重要。安老院舍可委任一位計劃的主要負責人，並建立一套跟進、監察及檢討系統。

為進一步推廣「提示小便」認知行為治療的成果，賴教授在香港賽馬會慈善信託基金的資助下，已將研究結果及執行要點結集成一本實務手冊，供有興趣的人士免費索取作為參考。