1. Mrs. Gonzalez should be offered therapeutic reassurance that although urinary incontinence can be the result of aging, there are interventions that can be helpful. These include pelvic muscle exercises, timed voiding to assist in regaining bladder control, avoidance of triggering agents such as caffeine, weight control, and avoidance of heavy lifting, etc. Additional medical intervention may include biofeedback sensors, pessaries, anticholinergic medications, or surgical intervention. The patient should also be educated on protective products that can help protect the skin from breakdown and assist with odor control.

Answers to interactive elements are given within the interactive element.