

# Case Finding for Urinary Incontinence and Falls in Older Adults At Community Pharmacies

## Questionnaire

### Stage 1 – Demographics

1. Date of birth:

Day

Month

Year

2. Sex ☐ Female ☐ Male

### Stage 2 – Falls

Define fall for the patient

“when you suddenly find yourself on the ground, without intending to get there, after you were in either a lying, sitting or standing position”

3. Ask: “How many time in the past year did you fall?”

- ☐ 0 none
- ☐ 1 one time
- ☐ 2 two times
- ☐ 3 more than 2 times

4. If yes ask: Did you injure yourself?

- ☐ 0 Yes
- ☐ 1 No

5. Ask: How often does it happen to you that you think you are about to fall, but manage to grab something and then don't fall? (i.e. 'near falls')

- ☐ 0 Never
- ☐ 1 Rarely
- ☐ 2 Occasionally
- ☐ 3 Frequently

6. Have you talked with your doctor or another health professional about your falls?

- ☐ 0 Yes
- ☐ 1 No

**7. If yes, who?**

- ☐ 0 Physician
- ☐ 1 Pharmacist
- ☐ 2 Nurse
- ☐ 3 Home care worker
- ☐ 4 Other (specify) \_\_\_\_\_

### Stage 3 – Urinary incontinence

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

8. How often do you leak urine? (Tick one box)

- ☐ 0 Never
- ☐ 1 About one a week or less often
- ☐ 2 Two or three times a week
- ☐ 3 About once a day
- ☐ 4 Several times a day
- ☐ 5 All the time

9. We would like to know how much urine you think leaks. How much urine do you usually leak (whether you wear protection or not)? (Tick one box)

- ☐ 0 None
- ☐ 1 A small amount
- ☐ 2 A moderate amount
- ☐ 3 A large amount

10. Overall, how much does leaking urine interfere with your everyday life? (Please circle a number between 0 (not at all) and 10 (a great deal).)

0 1 2 3 4 5 6 7 8 9 10  
Not at all A great deal

**11. When does urine leak? (Please tick all that apply.)**

- ☐ 0 Never - urine does not leak
- ☐ 1 Leaks before you can get to the toilet
- ☐ 2 Leaks when you cough or sneeze
- ☐ 3 Leaks when you are asleep
- ☐ 4 Leaks when you are physically active/exercising
- ☐ 5 Leaks when you have finished urinating and are dressed
- ☐ 6 Leaks for no obvious reason
- ☐ 7 Leaks all the time

**12. How much does this (leaking) bother you?**

- ☐ 0 Not at all
- ☐ 1 A little
- ☐ 2 Moderately
- ☐ 3 A great deal

**13. Have you talked with your doctor or another health professional about your bladder problems?**

- ☐ 0 Yes
- ☐ 1 No

**14. If yes, who?**

- ☐ 0 Physician
- ☐ 1 Pharmacist
- ☐ 2 Nurse
- ☐ 3 Home care worker
- ☐ 4 Other (specify) \_\_\_\_\_

Thank the subject for participating: "Thank you very much for answering these questions.

Duong E. Case finding for urinary incontinence and falls in older adults at community pharmacies. *Can Pharm J* (Ott) 2019;152(4). DOI: 10.1177/1715163519852378.