

## Nurse-supported post-stroke voiding program appears helpful

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(HealthDay)—Participants in a systematic voiding program for post-

stroke incontinence found it to be helpful, according to a study published online March 8 in the *Journal of Clinical Nursing*.

Josephine M.E. Gibson, Ph.D., from the University of Central Lancashire in the United Kingdom, and colleagues conducted structured interviews with 16 participants (12 stroke survivors, four caregivers) before discharge from an inpatient stroke unit. The authors sought to assess acceptability and implementation of a systematic voiding program for post-stroke incontinence.

The researchers found that themes that emerged related to the preliminary (assessment) phase of the program included physical impact, [psychological impact](#), beliefs about incontinence, and the assessment process itself. Regarding the implementation of the program, the main themes that emerged included timed voiding decisions, adapting the program or the timed voiding schedule, and urinary incontinence management techniques. Participants reported feeling that the program assisted them in re-establishing a regular pattern of micturition and in regaining autonomy.

"In order to maximize benefits from a systematic voiding program, nurses should support [stroke survivors](#) to overturn erroneous beliefs, to participate in tailoring of the program, and in self-management where appropriate," the authors write.

**More information:** [Abstract](#)  
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