Nocturia in the Older Adult

Global Classroom Presentation: November 8, 2019

Presented by: Marcia Carr (RN,BN,MS,GNC(C), NCA)

Bio

Marcia has been an NCA since 2000 and has been on the CNCA Board of Directors as a VP, Provincial Rep and now Secretary. She clinically practices in acute, residential and community health settings including her continence clinic at the New Westminster Specialized Seniors Clinic.

Abstract

Nocturia is a major problem in the older adult as it can disrupt their sleep so much that it affects their whole quality of life and may contribute to negatively affecting their cognitive abilities. This presentation will focus on a quick review of what nocturia ism what is considered to be normal aging, assessment and strategies that can help decrease frequency, urgency and promotion of sleep.