

## Health Outcomes Survey (HOS) February 2024

### Management of Urinary Incontinence in Older Adults (MUI).

Urinary incontinence (UI) is common among people over 64 years of age, affecting 6-8% of the community-based population. 1 More than 50% of women and nearly 15% of men aged 65 or older experience UI. 2 Adults who experience UI also experience decreased physical and mental health, and overall quality of life. UI negatively impacts older adult's independence and the ability to socialize. 3 This information is provided to better understand the importance and specifications of the annual HEDIS® Health Outcomes Survey (HOS®). 4

The HEDIS Effectiveness of Care measure collects data from the HOS®. One of the three Functional Health measures is Management of Urinary Incontinence in Older Adults (MUI). 5

The Survey consists of three questions to identify Patients experiencing UI. 1) Patients who reported having urine leakage in the past 6 months and who discussed their urinary leakage problem with a Healthcare Provider. 2) Patients who reported having urine leakage in the past 6 months and who discussed treatment options for their urinary incontinence with a Healthcare Provider. 3) Patients who reported having urine leakage in the past 6 months and who reported that urine leakage made them change their daily activities or interfered with their sleep a lot. 6 Best Practice standards that may be incorporated by health professionals to enhance medically necessary evaluation and management related to Urinary Incontinence may be screening questions 7 to initiate the discussion of involuntary loss of urine. Open communication focused on UI may start with; (a) Do you feel the sudden urge to go to the bathroom? (b) Are you leaking urine before you get to the bathroom? (c) Are you waking up to go to the bathroom? (d) Have you discussed treatment options with another healthcare provider?

### **WHA HOS Results for MUI:**

The below table is WHA's reported CMS Urinary incontinence (UI) Treatment Scoring – Members reporting providers discussion of managing fall risk during the last 6 months.

WHA HEDIS HOS Measures 2022	N	D	%	CMS Star
MUI:				
Discussing Urinary Incontinence	46	87	N/A	N/A
Treatment of Urinary Incontinence*	37	87	N/A	
Impact of Urinary Incontinence	13	87	N/A	

\* Notes CMS Star measure

Interventions by Healthcare Professionals for this complex syndrome to benefit bladder control concerns include treatment or other options including medication, behavioral therapies, supportive treatments, lifestyle changes, and potential Urologist referral. The Medicare patient, 65 years of age or older, who annually reported any urine leakage in the past 6 months and

discussed treatment options for urinary incontinence with a healthcare provider would meet the Management of Urinary Incontinence in the Elderly measure. 8

Urinary incontinence occurs more often with advancing age, causing a decline in health, activities of daily life, physical, and social activities. Encouraging questions during the patient assessment regarding urinary incontinence will close the *knowledge and treatment* gap of a common geriatric syndrome. Clinical assessment combined with shared decision making, provide support and ensure an individualized treatment plan and follow-up management is aligned with Patient preference is effective in improvement of urinary incontinence symptoms.

#### References:

- 1 <https://pubmed.ncbi.nlm.nih.gov/9142509>
- 2, 3, 6 <https://www.ncqa.org/hedis/measures/management-of-urinary-incontinence-in-older-adults>
- 4 <https://hosonline.org>.
- 5 <https://hosonline.org/en/survey-instrument>
- 7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2891326>
- 8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5906179>