

Improving Bladder Control

The Health Outcomes Survey (HOS) is a set of member-reported measures that assess a Medicare Advantage organization's ability to maintain or improve the health and health-related quality of life of its Medicare members. The survey spans a two-year period with baseline and follow-up questions sent to a select group of Medicare members. Helpful details along with some best practices are shared below.

About This Survey

Two-Part Member Survey

1. **Baseline Survey:** Percentage of sampled Medicare members 65 and older who reported having urine leakage in the past six months and who discussed treatment options for their urinary incontinence with a health care provider.
2. **Follow-up Survey:** Percentage of sampled Medicare patients 65 and older whose bladder control was the same or better than expected.

The **baseline survey** is sent between July and November. The same group receives the **follow-up survey** two years later during the same months.

Related Survey Questions

- Many people experience leakage of urine, also called urinary incontinence. In the past six months, have you experienced leaking of urine?
- During the **past six months**, how much did leaking of urine make you change your daily activities or interfere with your sleep?
- Have you **ever** talked with a doctor, nurse, or other health care provider about leaking of urine?
- There are many ways to control or manage the leaking of urine, including bladder training exercises, medication, and surgery. Have you ever talked with a doctor, nurse, or other health care provider about any of these approaches?

Best Practices

- Urinary problems can be common as your patients grow older, but there are treatments that can help. Discuss potential treatment options such as behavioral therapy, exercises, medications, medical devices, and surgery.
- Use informational brochures and materials as discussion starters for this sensitive topic.