

URinControl-app



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The URinControl-app Treatment

App-based treatment for female urinary incontinence

- Stress-, urgency- and mixed UI
- Selfmanagement with clear disclaimers

Content

- Information
- “Know your pelvic floor” instruction
- Personal treatment program
 - Pelvic floor exercise regimen
 - Bladder training
- Motivational “rewards”
- Clear overview of treatment history



The URinControl-app Background

Evidence based

- Effective compared to standard care
- Saving 160 euro per patient per year

[Ann Fam Med 2021](#)

[BJOG 2022](#)

User friendly

- Appreciated by patients
- Approved by caregivers
- Adjusted for lower literate

[JMIR mHealth uHealth 2020](#)

[BJGP 2023](#)

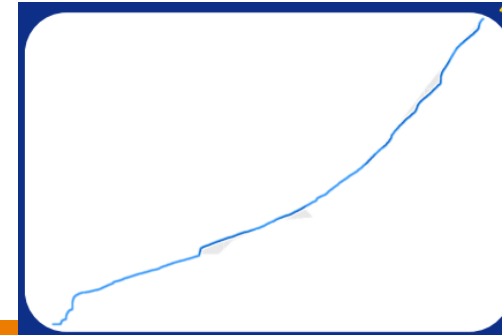
URinControl-4All 2023-2024

Succesful implementation Netherlands

- Free, save, easy
- Appstore and google playstore
- Societal and healthcare domains
- Translated into English

30.000 users

oct 2024



URinControl-Europe

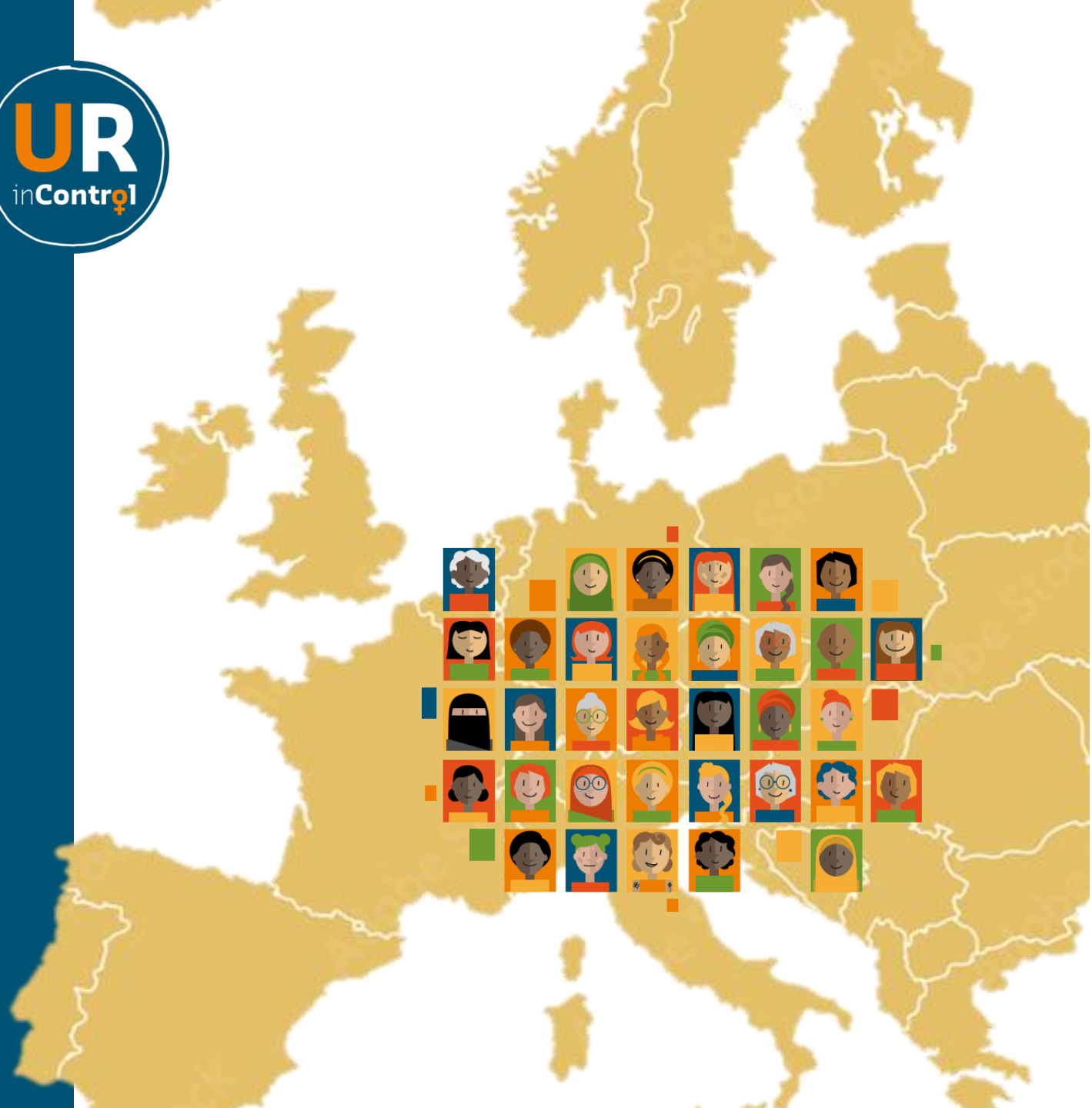


Fostering evidence-based app
across borders

Goal

Translate
Culturally adapt

To address needs and expectations
of women across Europe



Why?

Join the network and collaborate

Translation and Control

- Assist in ensuring accuracy of translated version in your country

Pilot study

- Lead/participate to test effectiveness and usability in your country

Cultural adaptation

- Align with local care practices, languages, user expectations



Why?

Publications
Recognition
Groundbreaking eHealth initiative
European network
European grants

Who?

Healthcare professionals

Urologists, gynaecologist, general practitioners,
pelvic floor therapists

Patient organisation local/national/international

Policy officers



Contact

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