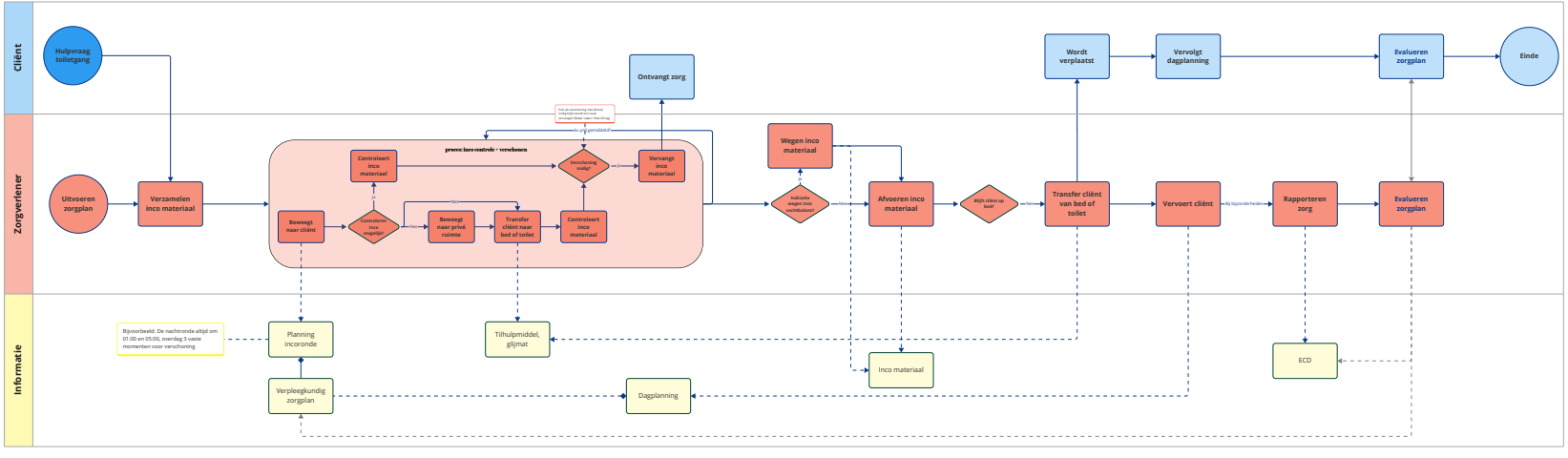Proces Incontinentiezorg zonder hybridisering (IST)