Continence Worksheet

Name: ____________________________________________
Date: ________________________________
Name of Trainer: ________________________________
Name of Company: Clinical Update (NZ) Ltd

Segment 1
What is continence? Voluntary control of passing urine or faeces

Incontinence is not a disease but a sign of other problems

What organs are involved? Bladder and bowel

Urine incontinence is caused by problems with muscles and nerve that help to hold or release urine from the bladder

Why do people pass more urine at night as they get older? Lose the ability to concentrate urine

What are the 2 functions of the bladder
To store urine
To contract and expel urine

How much urine does a normal healthy bladder hold? 600 ml

How many millimeters does it take for the bladder to send a message to the brain to tell you to go to the toilet? 300 to 350 mls

Do humans have any control over the production of urine? Yes/No (Circle one)
Do humans know when their bladder is full? Yes/No (Circle one)
Do humans have control over when and where to pass urine? Yes/No (Circle one)

To pass urine messages are passed between brain and bladder

What is the urethra? Tube that connects the bladder to the genitals

What happens in the following types of Incontinence
Urge Incontinence: A person can't hold urine long enough to reach a toilet
Stress Incontinence: Leakage of urine during exercise, coughing, sneezing, laughing, lifting heavy objects, or other body movements that put pressure on the bladder
Overflow Incontinence: Leakage that occurs when the quantity of urine produced exceeds the bladder's capacity to hold it
Mixed Incontinence: Stress and urge incontinence, but can refer to any combination of types of incontinence

Functional Incontinence: A medical condition that prevents a person from making it to the bathroom in time to urinate
Total Incontinence: Persistent continuous incontinence
Segment 2

Why do women have more urinary problems than men? Because of the close proximity of other organs to the bladder and urethra

Urinary continence is two times more common in women than men

What is the most common cause of continence problems in women? Pregnancy & childbirth

List 6 other causes of female incontinence? Any 6 of these:
- Prolapses
- Menopause – reduction in hormones
- Chronic cough
- Constipation
- Urinary Tract infection
- Birth defects Neurological Diseases and injury
- Side affect of medication or surgery
- Diabetes
- Obesity
- Dehydration
- Physical problems associated with aging

Male Urinary Continence

Does incontinence problems increase with men as the age? Yes/No (Circle one)

What is the major organ that causes male continence problems? Prostate Gland

The prostate gland is an organ the size of a walnut. It is made up of glandular and muscular tissue. It is situated below the neck of the bladder and circles the urethra

How much semen does the prostate gland produce? 13% to 33%

What is the most common problem for males over 50? Enlarged prostate

What are the 3 things that affect a males flow of urine:
- Slow to get started
- Few drops occur after emptying bladder
- Feeling as though urine is still in bladder
- Blood in urine

What are the 3 things an overactive bladder can cause in a male:
- Frequency
- Urgency or Urge incontinence
- Stress incontinence
List 6 conditions that can affect a male’s continence – Any 6 of these

- Acute prostatitis
- Enlarged prostate
- Weakened pelvic muscles
- Neurological disease or injury e.g. Multiple sclerosis, Parkinsons Disease, stroke or dementia
- Dehydration
- Side effect of medication
- Surgery
- Birth defects

What is the most important aid in maintaining continence and why? Regular Toileting

List the times a person should be taken to the toilet?
On getting out of bed
After breakfast
After morning tea
After lunch
After afternoon tea
After dinner
After supper
Before going to bed

What are the 4 reasons why a person should be toileted regularly?
- Maintains a persons dignity
- Trains the bladder to empty regularly
- Shows you are respecting the person
- Saves you time

Segment 3

What physical aids may be used to assist a person with urinary continence problems?
1. Pads
2. Condom Catheters
3. Catherisation

List 3 types of continence pads that a client may use
Slipper pad
Full pads
Pullups

On average how many pads does a person need in a day? 3

When do you change a pad? When the line in the middle of the pad changes colour ¾ way up the back of the pad

What is inside the pads to absorb urine? Gel

Give two reasons you should change or replace a pad
When the pad is full or is soiled by faeces

Describe a condom catheter  Lookslike a condom with a hole in the centre to attach a catheter or leg bag

What can happen to a condom catheter if you don’t have the right size for the person
If it is too small it will cause extreme discomfort to the person
If it is too big it will all off

What is the maximum time a condom catheter can be left on before changing?
1 – 2 days

What are the two things you should do before you apply a condom catheter
Trim the pubic hair
Wash and dry the penis before applying

Why should you check the condom catheter regularly?  Check the skin regularly for redness or swelling

What are the 4 types of catheterization?
Indwelling - urethral
Indwelling -Supra-pubic
Intermittent
Self catheterisation

What does indwelling catheter mean?  Left inside the bladder to continually drain

List 3 reasons a catheter may be considered? Any 3 of these
- Urinary retention
- Obstruction or blockage
- Incontinence (rarely)
- Following surgery
- Some medical conditions

List the 3 reasons a catheter may be considered? Any 3 of these

What is the difference between a urethral and a supra-pubic indwelling catheter?
The urethral catheter goes up through the urethra and the suprapubic  goes through the abdominal wall

List 5 things that are important in managing a catheter
- Bag lower than bladder
- Prevent tube kinking
- Infection Control Principles
- Hand washing
- Gloves
- Disposal & precautions for contact body fluids
- Cleanliness around urethra
- Keep fluid intake up

What are 5 problems that can occur with an indwelling catheter
- Catheters are a foreign body
- Infections are inevitable
- Blockages can occur
• Bladder loses the urge to empty
• Difficulty retraining the bladder

List 5 risks associated with having an indwelling catheter inserted? Any 5 of these
• Urinary tract infections
• Bleeding
• False passage
• Personal discomfort
• Chronic renal inflammation
• Bacterial Infection in Kidney (chronic pyelonephritis)

List 5 things you need to observe, record and report to the Registered Nurse if a person has an indwelling catheter
• Fever
• Lack of drainage
• Resident off food or drink
• Excessive sediment
• Excessive smell
• Change in behaviour
• Blood in urine or bag

Segment 4
Faecal Incontinence

What is faeces or stools? waste product from the food we eat that the body has no use for.

What parts of the body is involved in faecal incontinence? Rectum and Anus

What is faecal incontinence?
• Inability to control bowels or
• Inability to hold on to stool to get to the toilet or
• Unexpected faeces leakage from the rectum

List 5 causes of faecal incontinence – any 5 of these
• Constipation
• Damage to the anal sphincter muscles
• Damage to the nerves of the anal sphincter muscles or the rectum
• Loss of storage capacity in the rectum
• Diarrhoea
• Diseases like cancer polyps diverticuli ulcerative colitis and infections

List 4 interventions that may help faecal incontinence
• Food diary
• Eat small meals often
• Not drinking while eating
• Fibre
Food that bulk up stools
Lots of water

Is it possible to retrain the bowel? Yes/No (circle one)

What is the major problem that occurs to the skin? Redness and skin breakdown

List 4 things you must do to keep a person comfortable when cleaning them?
- Clean with warm water
- Dry carefully and thoroughly with soft towel or alcohol free wipes
- Some ointments may alleviate discomfort e.g. Ung Vita or what is prescribed by Medical Practitioner
- Residents to wear cotton underwear and loose fitting clothes