Continence Worksheet

Name: ____________________________________________ 

Date: ___________________________

Name of Trainer: _________________________________ ___

Name of Company: Clinical Update (NZ) Ltd

Segment 1
What is continence? ___________________________________________________________

Incontinence is not a ____________________ but a sign of _____________________

What organs are involved ? ___________________ and _____________________

Urine incontinence is caused by problems with ___________ and ___________

that help to __________ or _____________ urine from the bladder

Why do people pass more urine at night as they get older?

_________________________________________________________

What are the 2 function of the bladder
1. ___________________________________________________________________

2. ___________________________________________________________________

How much urine does a normal healthy bladder hold? ______________

How many millimeters does it take for the bladder to send a message to the brain to tell

you to go to the toilet? _______________

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 ___________ and ____________

What is the urethra? ___________________________________________________________________

What happens in the following types of Incontinence

Urge Incontinence: __________________________________________________________________

Stress Incontinence: __________________________________________________________________

Overflow Incontinence: __________________________________________________________________

Mixed Incontinence: __________________________________________________________________

Functional Incontinence: __________________________________________________________________

Total Incontinence: __________________________________________________________________

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Segment 2
Female Urinary Continence

Why do women have more urinary problems than men?
__________________________________________________

Urinary continence is _______ _________ more common in women than men

What is the major contributing factor for woman’s anatomy that causes incontinence?
__________________________________________________

List 6 other causes of female incontinence?
1__________________________________________________
2__________________________________________________
3__________________________________________________
4__________________________________________________
5__________________________________________________
6__________________________________________________

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?
__________________________________________________
The prostate gland is an organ the size of a ________________. It is made up of ________________ and ________________ tissue. It is situated below the neck of the ________________ and circles the ________________.

How much semen does the prostate gland produce? _______________________

What is the most common problem for males over 50? _______________________

What are the 3 things that affect a males flow of urine:
1.__________________________________________________
2.__________________________________________________
3.__________________________________________________

What are the 3 things an overactive bladder can cause in a male
1__________________________________________________
2__________________________________________________
3__________________________________________________

List 6 conditions that can affect a male’s continence
1__________________________________________________
2__________________________________________________
3__________________________________________________
4__________________________________________________
What is the most important aid in maintaining continence and why?

List the times a person should be taken to the toilet?
1
2
3
4
5
6
7

What are the 4 reasons why a person should be toileted regularly?
1
2
3
4

Segment 3
What physical aids may be used to assist a person with urinary continence problems?
1. __________________________
2. __________________________
3. __________________________

List 3 types of continence pads that a client may use
1
2
3

On average how many pads does a person need in a day? _________
When do you change a pad? __________________________
What is inside the pads to absorb urine? __________________________
Give two reasons you should change or replace a pad
1
2

Describe a condom catheter __________________________
__________________________________________________
What can happen to a condom catheter if you don’t have the right size for the person
1
2

What is the maximum time a condom catheter can be left on before changing?
What are the two things you should do before you apply a condom catheter
1. 
2. 

Why should you check the condom catheter regularly?

What are the 4 types of catheterization?
1. 
2. 
3. 
4. 

What does indwelling catheter mean?

List 3 reasons a catheter may be considered?
1. 
2. 
3. 

What is the difference between a urethral and a supra-pubic indwelling catheter?

List 5 things that are important in managing a catheter
1. 
2. 
3. 
4. 
5. 

What are 5 problems that can occur with an indwelling catheter
1. 
2. 
3. 
4. 
5. 

List 5 risks associated with having an indwelling catheter inserted?
1. 
2. 
3. 
4. 
5.
List 5 things you need to observe, record and report to the Registered Nurse if a person has an indwelling catheter
1__________________________________________________ ___________________
2__________________________________________________ ___________________
3__________________________________________________ ___________________
4__________________________________________________ ___________________
5__________________________________________________ ___________________

Segment 4
Faecal Incontinence
What is faeces or stools? __________________________________________________________________
What parts of the body is involved in faecal incontinence? _________________________________
What is faecal incontinence?
1__________________________________________________ ___________________
2__________________________________________________ ___________________
3__________________________________________________ ___________________
List 5 causes of faecal incontinence
1__________________________________________________ ___________________
2__________________________________________________ ___________________
3__________________________________________________ ___________________
4__________________________________________________ ___________________
5__________________________________________________ ___________________
List 4 interventions that may help faecal incontinence
1__________________________________________________ ___________________
2__________________________________________________ ___________________
3__________________________________________________ ___________________
4__________________________________________________ ___________________
Is it possible to retrain the bowel? Yes/No (circle one)
What can result from faecal incontinence – both diarrhoea or constipation?
___________________________________________________ ___________________
What is the major problem that occurs to the skin? _________________________________
List 4 things you must do to keep a person comfortable when cleaning them?
1__________________________________________________ ___________________
2__________________________________________________ ___________________
3__________________________________________________ ___________________
4__________________________________________________ ___________________