

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: _____

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 _____

5 _____

6 _____

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 toilet 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 _____

