

BLADDER INCONTINENCE

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

What is Bladder Incontinence?

- Loss of bladder control causing loss of urine
- The problem has varying degrees of severity. Some people have only small, minor leaks or dribbles of urine, while others loose large amounts of urine at a time
- Bladder muscles and nerves as well as the brain all work together to control bladder function
 - A problem in any of these areas can result in incontinence
 - Infection, constipation and mobility problems can also cause incontinence

What can I do to control the urinary leakage?

- Establish a regular pattern of urinating
 - Plan to go to the toilet every two hours during waking hours
- Make it easier to get to the bathroom
 - Move closer to the toilet
 - Use a bedside commode, urinal or bedpan
- Protect your privacy and dignity
- Avoid fluids or foods that contain caffeine (soft drinks, coffee, tea or chocolate)
- Avoid alcohol as it can overstimulate the bladder
- Ask your health care provider about
 - Exercises that can help develop more control
 - Medications that may help improve bladder function
 - A catheter to drain the urine from the bladder. Catheters are not right for everyone. They can put you at risk for infection

What can be done to prevent odor or skin irritation?

- Keep your skin clean and dry
 - Take extra care to wash and dry the area
 - Products are available that can help you feel clean and eliminate odor
 - Use barrier creams to protect your skin from urine
- Use protective products to try to keep clothing dry
 - Your nurse can help you select which type of garment and products would be most helpful for you
 - Change the garment frequently
- Wash your hands before and after care to help prevent infection
- Ask your nurse for things that can further control any odors

Adapted from the Hospice and Palliative Nurse Association's Patient Teaching sheets

IMPORTANT NOTICE

Contact the on-call nurse at the office checked above if you are experiencing any change in your current health condition
 For ALL emergencies requiring IMMEDIATE medical attention, call 911
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