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Bladder Control Problems

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define types of bladder control caused by nerve damage.**
 - A. Nerves carry signals from the brain to the bladder and sphincter. Damage can cause bladder control problems.
 - B. Overactive bladder
 - Urinary frequency—eight or more times a day
 - Urinary urgency—sudden, strong need to urinate immediately
 - Urge incontinence—leakage of urine that follows a sudden urge
 - C. Poor control of sphincter muscles—may allow leakage of urine
 - D. Urine retention—bladder does not receive message to empty

- II. **The client/caregiver can list causes of this type of nerve damage.**
 - A. Vaginal childbirth
 - B. Diabetes
 - C. Stroke
 - D. Infections of the brain or spinal cord
 - E. Trauma or injury to the brain or spinal cord
 - F. Multiple sclerosis
 - G. Heavy metal poisoning

- III. **The client/caregiver can list measures to manage urinary control problems.**
 - A. Do bladder training (Chapter 23).
 - B. Do Kegel exercises (Chapter 23).
 - C. Use barrier garments or external collection devices (condom catheter).
 - D. Assess for skin breakdown or irritation.
 - E. Control odors by
 - 1. Frequent cleansing of the perineum
 - 2. Changing to clean clothes
 - 3. Room deodorizer
 - F. Avoid using perfume or scented powders, lotions, or sprays.
 - G. Keep a record of fluid intake. Drink plenty of fluids during morning and early

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- afternoon. Decrease fluid intake during evening.
- H. Contact the physician if any of the following occurs:
 - Rash around the perineal area
 - Pain in lower abdomen
 - Fever or chills
 - Cloudy urine

- IV. **The client/caregiver can list possible complications.**
 - A. Rashes, skin infections, or sores
 - B. Urinary tract infections
 - C. Sleep problems
 - D. Less social and sexual activity
 - E. A loss of self-esteem
 - F. Depression

RESOURCE

National Association for Continence
 800-BLADDER (252-3337) or 843-377-0900
 E-mail: memberservices@nafc.org
www.nafc.org

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