

6

Bladder Control Problems

Patient name: _____ Admission: _____

NRS
DATE INITIAL

--

- I. The client/caregiver can define types of bladder control caused by nerve damage.**
- Nerves carry signals from the brain to the bladder and sphincter. Damage can cause bladder control problems.
 - 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
 - Poor control of sphincter muscles—may allow leakage of urine
 - Urine retention—bladder does not receive message to empty
- II. The client/caregiver can list causes of this type of nerve damage.**
- Vaginal childbirth
 - Diabetes
 - Stroke
 - Infections of the brain or spinal cord
 - Trauma or injury to the brain or spinal cord
 - Multiple sclerosis
 - Heavy metal poisoning
- III. The client/caregiver can list measures to manage urinary control problems.**
- Do bladder training (Chapter 23).
 - Do Kegel exercises (Chapter 23).
 - Use barrier garments or external collection devices (condom catheter).
 - Assess for skin breakdown or irritation.
 - Control odors by
 - Frequent cleansing of the perineum
 - Changing to clean clothes
 - Room deodorizer
 - Avoid using perfume or scented powders, lotions, or sprays.
 - Keep a record of fluid intake. Drink plenty of fluids during morning and early

NRS
DATE INITIAL

--

- 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.**
- Rashes, skin infections, or sores
 - Urinary tract infections
 - Sleep problems
 - Less social and sexual activity
 - A loss of self-esteem
 - Depression

RESOURCE

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

REFERENCES

- Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Elsevier.
- Cohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.
- Lutz, C., & Przytulski, K. (2001). *Nutrition and diet therapy*. Philadelphia: F. A. Davis Company.
- Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis: Mosby Inc.
- Portable RN: The all-in-one nursing reference*. (2002). Springhouse: Lippincott, Williams & Wilkins.
- Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.