

Bladder Retraining

Patient name: _____ Admission: _____

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- I. **The client/caregiver can list goals of bladder retraining.**
 - A. To re-establish bladder control
 - B. To increase self-esteem of client
 - C. To promote skin integrity

- II. **The client/caregiver can list general measures to promote bladder retraining.**
 - A. Keep a record for several days before training begins.
 - 1. Record amount of fluid intake.
 - 2. Record times that client voids.
 - 3. Record amount voided.
 - B. Encourage large fluid intake (approximately 3,000 ml if not contraindicated) during the day.
 - C. Restrict fluid in the evening.
 - D. Avoid drinks with diuretic effect (coffee, tea, etc.).
 - E. Give diuretic medication early in the day to avoid nighttime incontinence.
 - F. Strengthen perineal muscles with Kegel exercises. Tighten buttocks together, and hold several times a day.
 - G. Notify physician of signs of infection (i.e., frequency, burning, fever, and foul odor).

- III. **The client/caregiver can describe the procedure for bladder training procedure.**
 - A. Drink a glass of water about 30 minutes before voiding.

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- B. Begin by taking client to bathroom every 1 to 2 hours and then gradually increasing time between voiding to no more than every 3 to 4 hours.
- C. Several methods can be used to encourage voiding.
 - 1. Running water from the faucet
 - 2. Drinking water
 - 3. Pouring warm water over the perineum
 - 4. Tightening and relaxing pelvic muscles
 - 5. Massaging bladder
- D. Client should be taken to bathroom if possible, or provide a bedside commode so that the client can assume position used to void.
- E. Establish a strict schedule of voiding, usually before and after meals and on rising and before bedtime.
- F. Keep accurate records of when client voids in the commode and when incontinence occurs.

REFERENCES

Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.

Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis: Mosby Inc.

Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.