

## Complete a thorough assessment to manage urinary incontinence.

- ❖ Educate staff in consistent implementation and intervention
- ❖ Raise resident's cognitive awareness
- ❖ Elimination patterns
- ❖ Symptoms affecting elimination
- ❖ Diagnosis and medications
- ❖ Mobility
- ❖ Environmental limitations
- ❖ Pain
- ❖ Labs
- ❖ Reversible causes
- ❖ Self/help toileting schedule
- ❖ Elimination diary
- ❖ Post void bladder scan
- ❖ Modification of resident's behavior
- ❖ Variations in resident's environment
- ❖ Train/schedule voiding

*Discuss MDS 3.0 Section H coding guidelines and Quality Measures associated with urinary elimination.*

# Rehabilitate Pelvic Floor Muscles to Return Confidence and Control

## Find the Muscles

Strengthen the right muscles. Have the resident identify his/her pelvic floor muscles by stopping urination mid-stream. If the resident succeeds in stopping the urine floor, he/she has the right muscles.

## Refine the Method

Once the resident has identified the pelvic floor muscles, let him/her completely empty their bladder and then lie on their back. Have them tighten their pelvic floor muscles and hold for 5 seconds. See if they can do this 4 or 5 times in a row.

## Gradual Improvement

Work up to keeping the pelvic floor muscles contracted for 10 seconds and relaxed for 10 seconds, four or five times in a row.

## Focus

Have the resident focus on the right muscles, not the abdomen, thighs or buttocks, and avoid holding his/her breath during the exercises.

## Success through Repetition

Attempt to do these exercises three times each day.

## Bowel Bladder Elimination Patterns Diary

NAME:

CHART #:

[illegible]

Comments:

## Incontinence Risk Factors Assessment

NAME:

CHART #:

Resident is known to have these <b>Internal Risk Factors</b> Circle condition(s).			Resident is known to have these <b>External Risk Factors</b> Circle condition(s).			External Contributors		
Atrophic Vaginitis	Bladder Prostate Cancer	Prolapsed Uterus	Call light within reach  Y    N	Restraint inhibiting access  Y    N	Obstructions in path of restroom  Y    N	Food & Drink  Circle contributor(s) listed below.	Medications  Circle contributor(s) listed below.	Other Contributors  Circle contributor(s) listed below.
Dementia	Neurological Disorders	Diabetes	Clothing not too tight and easily removed  Y    N	Adequate staff to readily help resident  Y    N	Regular toileting reminders  Y    N	Alcohol Caffeine Salt Acidic beverages Carbonated beverages Foods with caffeine	Anticholinergics Antihistamines Calcium channel blockers Narcotics Diuretics	Anxiety Constipation Delirium Depression Inadequate urine output Dehydration Hyperglycemia Pain UTI Urethral obstruction Urinary retention
Parkinson's	CHF	Stroke	Assistive devices  Y    N	Adequate lighting  Y    N	Access to toilet  Y    N			

Comments: