

The “Ins and Outs” of Bladder Management

Webcast Outline

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Purpose

Designed to provide participants with an introduction to managing two common bladder disorders, urinary retention and urinary incontinence. Emphasis will be on the use of catheters, devices and products to include: catheterizations (intermittent, indwelling and external), the appropriateness of incontinence absorbent products, toileting devices and an intravaginal device (pessary). Associated perineal skin problems and care will be identified. Information on appropriate nursing strategies that are used for management and treatment to ensure bladder emptying and collect urine leakage will be discussed. Best practices based on recommendations of the International Consultation on Incontinence and the Spinal Cord Injury guidelines will be detailed.

Behavioral Objectives:

By the end of the webcast, the participant will be able to:

1. Describe the types and causes of bladder dysfunction.
2. Define types of catheterizations used for bladder dysfunction.
3. Detail the indications for catheterization including associated complications and nursing care problems.
4. Describe current management strategies for urinary incontinence to include incontinence absorbent products and toileting devices.
5. Detail perineal skin care problems with appropriate applications of products.
6. Define pelvic organ prolapse (POP) and voiding list selection, placement and management of specific pessaries.

Outline

I. Types & Causes of Bladder Dysfunction

- Urinary Incontinence (stress, urge/overactive bladder, mixed, overflow)
- Urinary Retention (acute and chronic)

II. Use of catheterizations

- Intermittent (IC)
 - Clean versus sterile
 - Types of catheters
 - Catheter care
- Indwelling (Foley) catheter use
 - Indications for catheter use
 - Complications & frequently occurring problems
 - Nursing strategies for management
- External (condom) Catheters/Urosheaths/Female Devices
 - Complications & frequently occurring problems
 - Nursing strategies for management

III. Containment and assistive devices

- Use of incontinence absorbent products
- Toileting devices

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IV. Care of perineal skin

- Common conditions – erythema
- Routine care & perineal skin injury
- Use of creams, ointment, lotions
- Choosing a product

V. Vaginal support device -pessary

- Types & sizes
- Selecting appropriate pessary
- Care of device

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