

# **Bladder Management for Older Adults**

*An inservice education program by the:*

**Program on Aging**

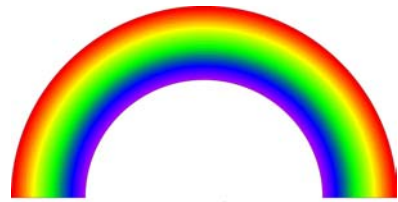
**School of Medicine**

**University of North Carolina at Chapel Hill**

*and the*

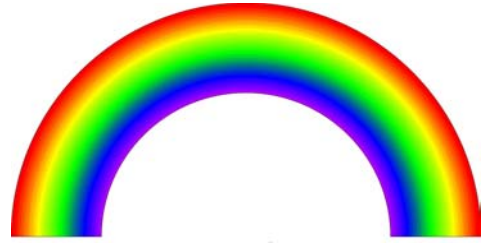
**Division of Social Services**

**State of North Carolina**



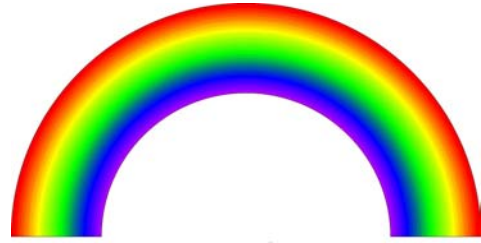
# Why We're Here Today

- **Your residents are at risk of bladder control problems.**
- **Many of them can be drier.**
- **Good bladder care can help them.**
- **You will learn how to give good bladder care.**



# Things We'll Talk About Today

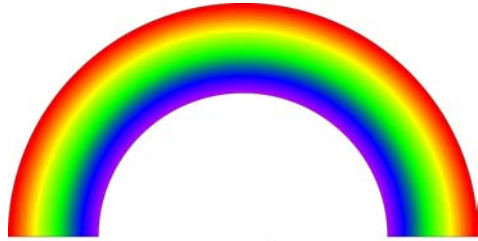
- Residents who have problems with toileting
- What's true & not true about bladder control problems
- What are the signs of bladder control problems
- 10 tips for giving good bladder care
- Transfer techniques



# Can We Help?

## Resident #1

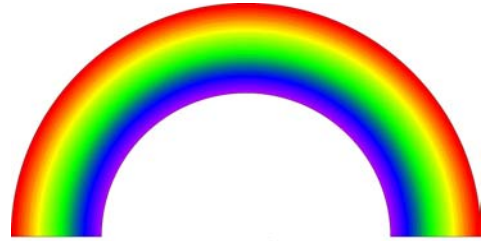
- 91 year old female
- confused
- frail
- find her sitting in wet chair
- cannot toilet alone
- needs help to walk



# Can We Help?

## Resident #2

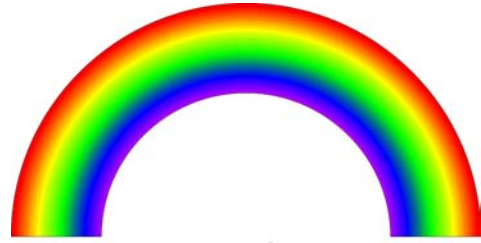
- 75 year old male
- mild confusion
- walks without assistance
- uses hallway as bathroom
- takes off his absorbent brief



## **Can We Help?**

### **Resident #3**

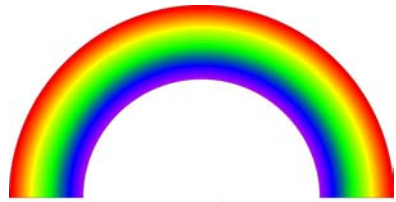
- **78 year old female**
- **wet all the time (4 briefs/day)**
- **odor**
- **embarrassed & does not want others to help her with toileting**
- **drinks tea and colas**



## **Can We Help?**

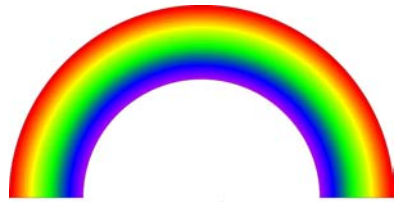
### **Resident #4**

- **80 year old female**
- **mild confusion**
- **constipation (takes laxative)**
- **leaks urine several times a day**
- **intake is 1 cup coffee, 2 small glasses of iced tea and few sips of water each day**



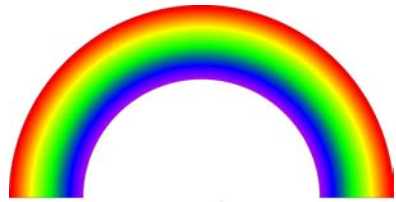
# Facts About Wetting Accidents

- Not a necessary part of growing old
- Not the resident's fault
- Residents who leak have a **health problem**
- You can do simple things that make a **BIG** difference



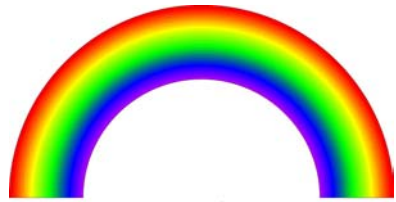
# **Ideal Bladder Habits**

- **Toilet 4 to 8 times a day**
- **Wake no more than twice**
- **Wait 1 to 2 hours after urge**
- **Walk (not rush) to toilet**
- **Hold 1 1/2 to 2 1/2 cups of urine in bladder**



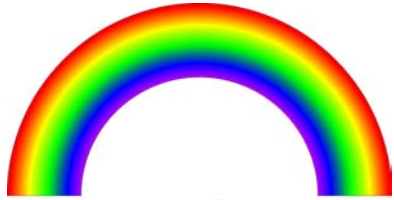
# How Bladders Age

- **Won't hold as much urine**
- **More urges to empty**
- **More nighttime emptying**
- **Can't hold urine as long**



## **What Do You Notice?**

- **Stained or wet clothes**
- **Stained bed or chair**
- **Urine smell**
- **Leaks**
- **Pads or tissues**
- **Frequent bathroom trips**
- **Rushing to bathroom**



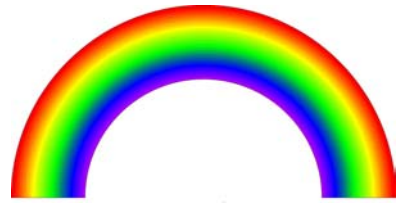
# 10 Tips to Better Bladder Care

- 1 Encourage more water and fluids
- 2 Switch to decaf
- 3 Help residents have good bowel habits
- 4 Help residents get to a toilet
- 5 Help residents unfasten clothes
- 6 Help confused residents
- 7 Use right size pad or brief
- 8 Promote skin cleanliness
- 9 Report danger signs
- 10 Praise residents who try to improve



# Encourage More Water and Fluids

- **Give residents 6 to 8 glasses a day**
- **Offer water after each bathroom trip**
- **Offer water with meals**
- **Offer favorite drinks often**
  - more in morning
  - more in afternoon
  - less after dinner



# **CAUTION: About Water and Fluids**

- **Some residents need to limit fluids (those with heart problems and swelling)**
- **Diabetics need diet or low sugar drinks**



## **Switch to Decaf**

- **No regular coffee and tea**
- **No colas such as Coke, Pepsi, or Mountain Dew**
- **No chocolate**



## Help Residents Have Good Bowel Habits

- Encourage residents to eat more fruits and vegetables
- Offer more fluids, **particularly water**
- Set a regular bowel movement time each day
- Encourage walking



# Help Residents Get to a Toilet

- **Walk with residents to the toilet**
- **Help them transfer on and off the toilet**
- **Get a bedside commode, urinal, or bedpan, if needed**



# Avoid Clothing That Is Difficult to Get Off and On

- Avoid too many layers of clothing
- Use large buttons or fasteners
- Get loose fitting undergarments
- **Help residents** who have trouble with their clothes



**#6**

## **Help Confused Residents**

- **Regularly remind resident when to go to the toilet**
- **Offer help before and after meals and at bedtime**
- **Allow 5 minutes to empty bladder**
- **Stay with the resident**
- **Help those awake at night to the bathroom**



## **Use Right Size Briefs or Pads**

- **Not all residents need briefs or pads**
- **For those who do: use products that fit well**
  - **hold urine and prevent leaks better**
  - **more comfortable**
  - **easy to change**
  - **less noise**



# Promote Skin Cleanliness

- **Clean after each wetting with warm water and soap**
  - Wipe front to back
  - Rinse well and pat dry
- **Avoid powder**
- **Use ointment for irritated skin**
- **Avoid clothes that can trap moisture**

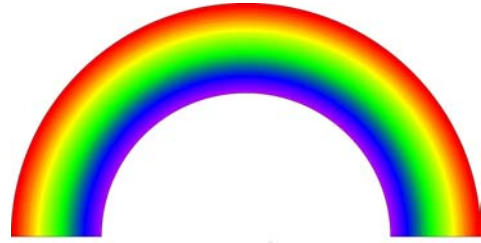


# Watch for and Report Danger Signs

- **Dark, smelly urine**
- **Blood or stool in urine**
- **Pain when urinating**
- **Hard, dry, painful stools**
- **Trouble emptying bladder**
- **Wetting gets worse**
- **Always dry, but starts wetting**
- **Fever or chills**



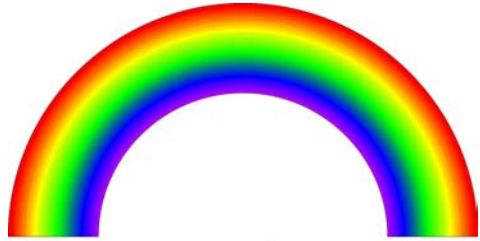
**Praise Your Residents  
Who Try to Improve**



**Can We Help? YES!**

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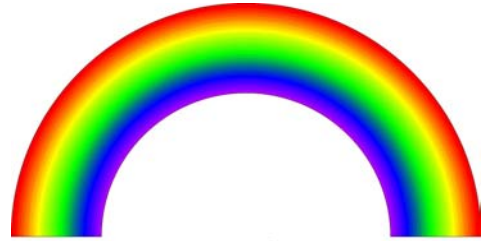
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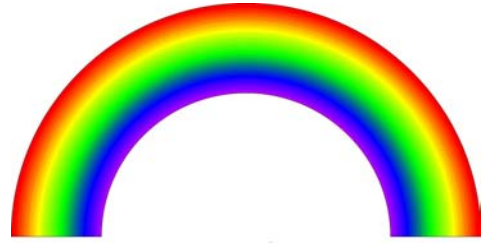
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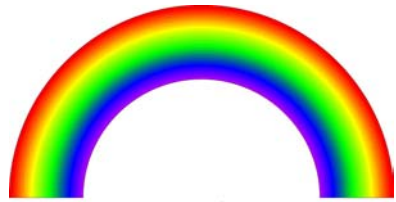
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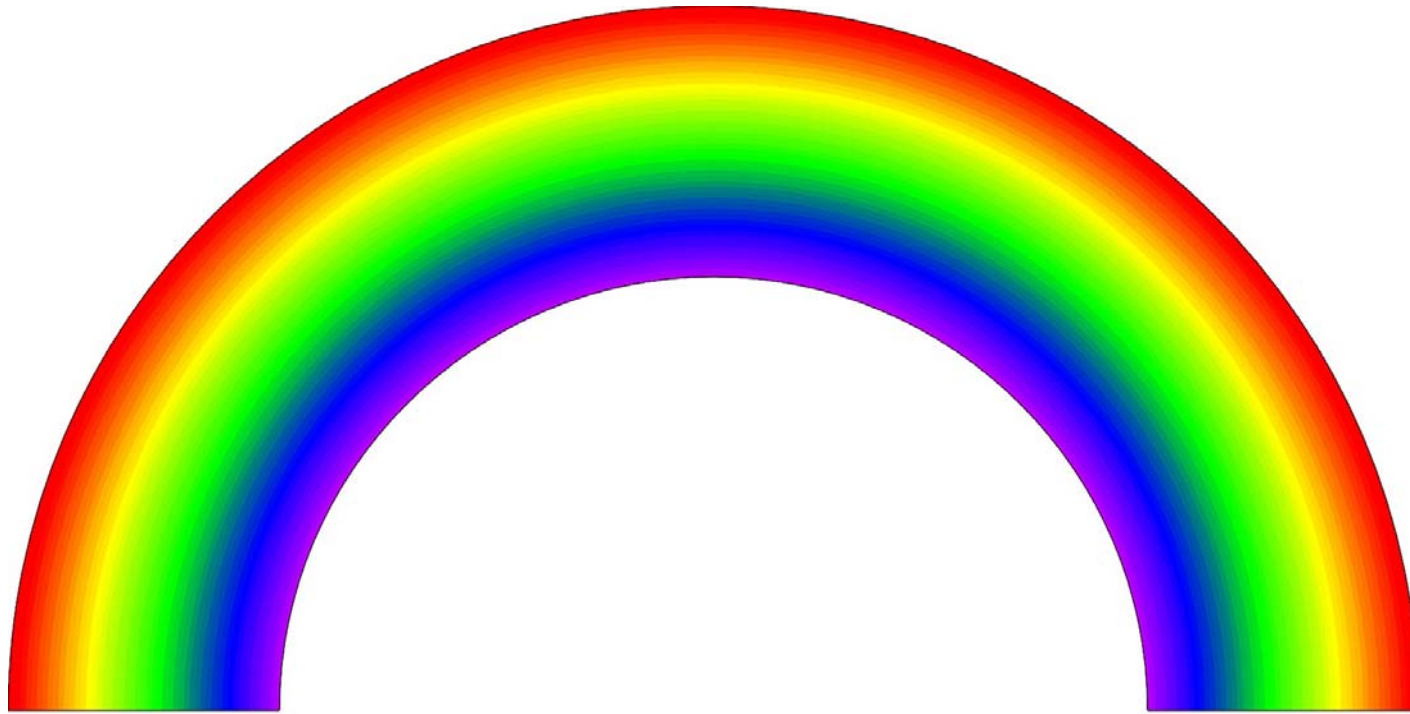
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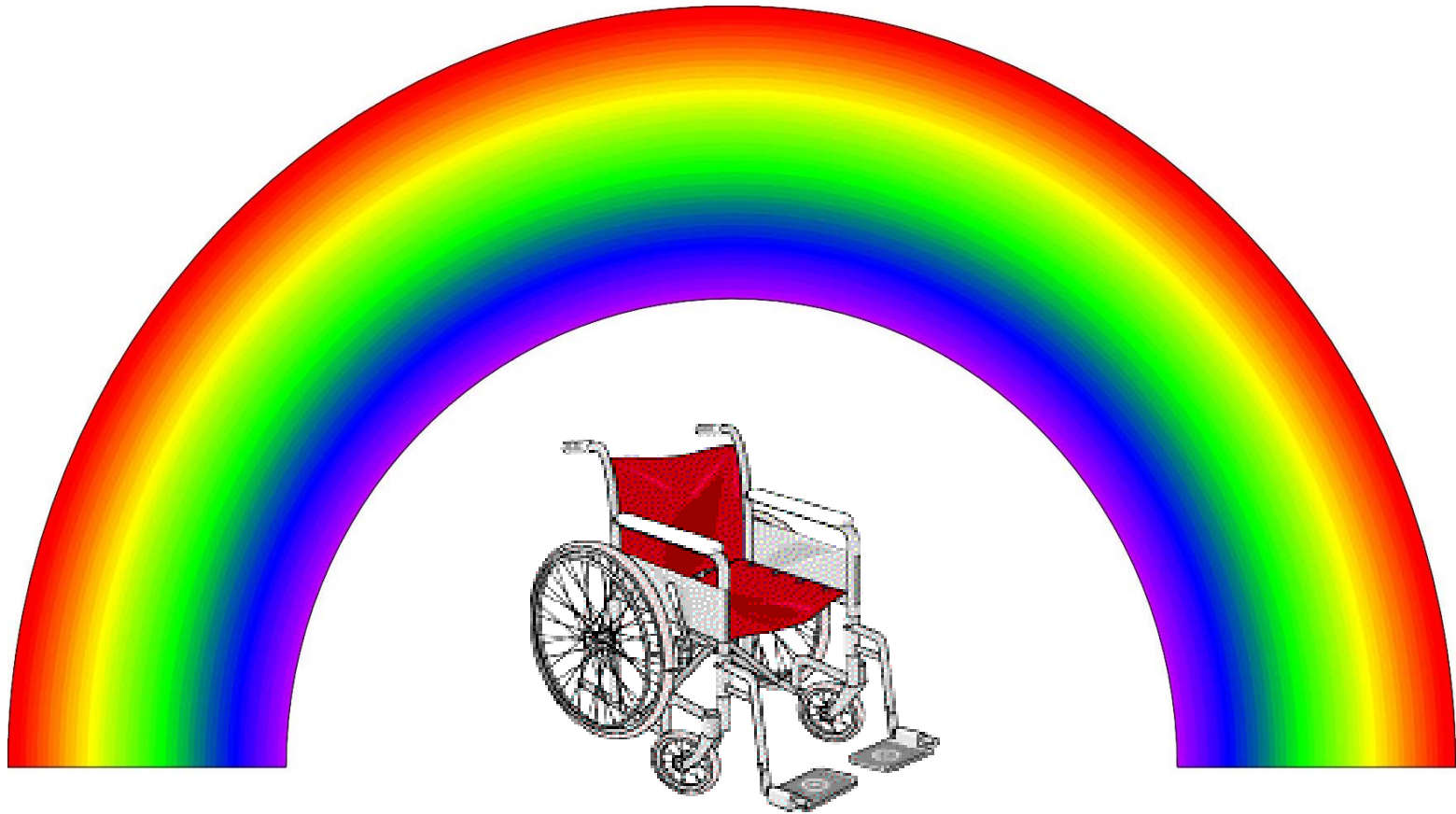


# Why Is Good Bladder Care So Important?

- **Greater independence**
- **Happier residents and families**
- **Less wetness**
- **Fewer adult briefs and pads**
- **Fewer skin rashes**
- **Less odor**
- **Fewer urinary tract infections**
- **Better for overall health**



# **Good Bladder Care Means Good Care**



# Transfer Techniques



# Safe Transfer

- **Approaching resident**
- **Getting out of a chair or off toilet**
  - **safety for resident**
  - **safety for staff**



# Approaching Resident





## **Approaching Resident (cont.)**

- **Squat down to resident's level**
- **Offer hand instead of grabbing**
- **Tell the resident what you want**
- **Tell what you're going to do**
- **Try not to hurry**



# Helping Resident Out of Chair

## KEY POINTS

- **Not everyone needs the same amount of help --give only what they need**
- **Take weight off resident's bottom**
- **Position the resident and yourself for success**



# **Resident Needs Little or No Help**

## **Have resident**

- sit up straight**
- get bottom to edge of chair**
- feet flat on floor**
- lean forward**
- push on chair arms & stand up**



# Resident Needs Some Help

## Have resident

- sit up straight
- get bottom to edge of chair
- feet flat on floor
- lean forward with head up and hold hands out

## Staff helps

- take wide stance with left foot slightly forward
- hold out your hands to resident
- rock back to assist resident to stand



# Resident Needs More Help

## Have resident

- sit up straight
- get bottom to edge of chair
- feet flat on floor
- lean forward with head up and hold hands out

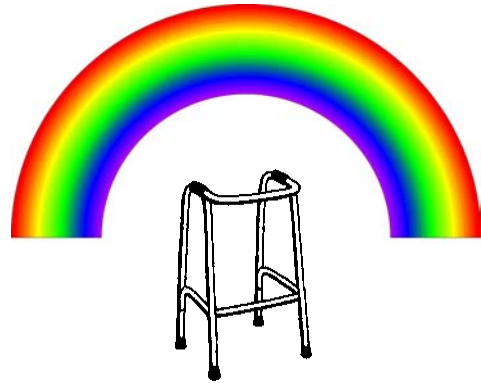
## Staff helps

- take wide stance with left foot slightly forward & knees slightly bent
- resident puts arms around your waist
- you put your arms beneath resident's arms
- rock back to assist resident to stand



# Helping Resident Off Toilet

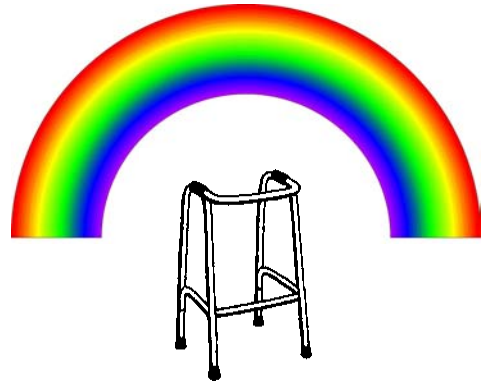
- **Get resident to edge of toilet**
- **Feet flat on floor**
- **Resident leans forward to grab “grab bar” with right arm**
- **Staff holds right arm down low so resident can grab hand/arm and puts left arm around their midsection**
- **Resident uses staff’s arm and grab bar to stand up**



# Using Walkers

**When resident needs to use walker  
(use 1-2-3 method)**

- 1. Move walker ahead about 6 inches while both legs support body**
- 2. Move right foot up to walker while arms and left leg support body**
- 3. Move left foot up to right foot while right leg and arms support body**



## **Using Walkers (cont.)**

### **Getting on toilet**

- Back up so that backs of knees are against toilet**
- Resident lets go of walker before sitting down**

