Chapter 20

Urinary Needs
Lesson 20.1

- Define the key terms and key abbreviations in this chapter.
- Describe the rules for normal urination.
- Describe normal urine.
- Identify the observations to report to the nurse.
Lesson 20.1 (Cont.)

- Describe urinary incontinence and the care required.
- Describe bladder training methods.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.
The urinary system:
  - Removes waste products from the blood.
  - Maintains the body’s water balance.
Normal Urination

- The healthy adult produces about 1500 mL (milliliters) or 3 pints of urine a day.
- Many factors affect urine production.
  - Age
  - Disease
  - The amount and kinds of fluid ingested
  - Dietary salt
    - A diet high in salt causes the body to retain water.
  - Body temperature
  - Perspiration
  - Drugs
Urination (voiding) means the process of emptying urine from the bladder.

Frequency of urination is affected by:
- The amount of fluid intake
- Habits
- Available toilet facilities
- Activity, work, and illness
Observations

- Normal urine:
  - Is pale yellow, straw-colored, or amber
  - Is clear with no particles
  - Has a faint odor
- Observe urine for color, clarity, odor, amount, and particles.
- Ask the nurse to observe urine that looks or smells abnormal.
Observations to Report

- Report these problems:
  - Dysuria—Painful or difficult urination
  - Hematuria—Blood in the urine
  - Nocturia—Frequent urination at night
  - Oliguria—Scant amount of urine
  - Polyuria—Abnormally large amounts of urine
  - Urinary frequency—Voiding at frequent intervals
  - Urinary incontinence—The involuntary loss or leakage of urine
  - Urinary urgency—The need to void at once
Bedpans

- Bedpans are used by:
  - Persons who cannot be out of bed
  - Women, for voiding and bowel movements
  - Men, for bowel movements
- Standard bedpans and fracture pans are used.
- Fracture pans are used:
  - By persons with casts
  - By persons in traction
  - By persons with limited back motion
  - After spinal cord injury or surgery
  - After a hip fracture or hip replacement surgery
Men use urinals to void.
- The man stands if possible.
- Some sit on the side of the bed or lie in bed.
- Some need support when standing.
- You may have to place and hold the urinal for some men.

Remind men:
- To hang urinals on bed rails
- To use the call light after using the urinal
- Not to place urinals on over-bed tables and bedside stands

If beds do not have bed rails, follow agency policy for where to place urinals.
Commodes

- A commode is a chair or wheelchair with an opening for a container.
- Persons unable to walk to the bathroom often use commodes.
- Some commodes are wheeled into bathrooms and placed over toilets.
  - The container is removed.
  - After the commode is positioned over the toilet, wheels are locked.
Urinary Incontinence

- Urinary incontinence is the involuntary loss or leakage of urine.
  - It may be temporary or permanent.

- The basic types are:
  - Stress incontinence
  - Urge incontinence
  - Over-flow incontinence
  - Functional incontinence
  - Reflex incontinence
  - Transient incontinence
Sometimes incontinence results from:
  - Intestinal, rectal, and reproductive system surgeries
  - A physical illness

If incontinence is a new problem, tell the nurse at once.
Incontinence is embarrassing.
The person is uncomfortable.
Skin irritation, infection, and pressure injuries are risks.
Falling is a risk.
The person’s pride, dignity, and self-esteem are affected.
Social isolation, loss of independence, and depression are common.

Promoting normal urinary elimination prevents incontinence in some people.

Some need bladder training.

Sometimes catheters are needed.

Incontinence products help keep the person dry.

Incontinence is beyond the person’s control.

- If you find you are becoming short-tempered, talk to the nurse at once.
Applying Incontinence Products

- Incontinence products help keep the person dry.
  - They usually have 2 layers and a waterproof back.
Bladder training helps some persons with urinary incontinence.

Some persons need bladder training after indwelling catheter removal.
  - Control of urination is the goal.

You assist with bladder training as directed by the nurse and the care plan.