

## **General Guidelines for Bladder Retraining Program (follow facility policies and procedures)**

-Observe normal frequency and pattern for resident

-Toilet:

On awakening

Before meals

After meals

Bedtime

Offer before procedures

At least 1 time during the night

q 2 hr

-2 to 3 qts. Water per day unless medically contra-indicated

-Kegel exercises for pelvic floor muscle strengthening 4-6 times per day

### **SUPPORT MEASURES:**

-needs to be well-groomed during retraining (as incentive to stay clean)

-needs to be involved in social activities

----more likely to be incontinent if isolated or ignored

-Praise and Encourage

-Never show disapproval or frustration

### **TOILETING CARE:**

-promote independence and dignity

-position upright (more of a knee-to-chest position may help)

-stimulate voiding (by running faucet water, for example)

-privacy

-never rush resident

-safety-times when must stay, but others can leave call light

-comfort-no long times left sitting on toilet, answer call light promptly

-equipment within easy reach

-pathways clear

-cleanliness-clothing protectors (called briefs, protective garments, underpads)

-----assist with good perineal care

-asepsis-appropriate items in soiled utility, no TP & briefs in trash at bedside

-----handwashing for BOTH resident and nurse

-observe and report:

-----remember change in mental status and incontinence can be sign of UTI

### **For Better Bowel Health:**

☐ Increase water consumption to 8-10 cups per day. Seltzer water adds air and moisture to the bowel,

☐ which can increase movement.

☐ Reduce red meat and dairy products in the diet.

☐ Increase fruits & vegetables.

☐ Increase weight-bearing exercise. If poor balance prevents walking as exercise, try crawling or water exercises.

☐ Regularly massage the belly from the rib cage to the pubic bone.

☐ Drinking 6 oz. (3/4 cup) of hot tea or hot water with lemon juice when waking can stimulate the bowel. Prune juice with pulp may