Chapter 21

Urinary Elimination
Waste and Balance

- 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.
- Factors affecting urine production include:
  - Age
  - Disease
  - Amount and kinds of fluid ingested
  - Dietary salt
  - Body temperature and perspiration
  - Drugs
- Frequency of urination is affected by:
  - The amount of fluid intake, habits, and available toilet facilities
  - Activity, work, and illness
Elimination

- The person’s elimination needs are assessed.
  - A care plan is developed to ensure that these needs are met.
- 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.
- Bedpans are used by:
  - Persons who cannot be out of bed
  - Women for voiding and bowel movements
  - Men for bowel movements
Fracture Pan

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
- After hip replacement surgery
Urinals

- Men use urinals to void.
  - The man stands if possible.
  - Some sit on the side of the bed.
  - The man may lie in bed.
  - Some men need support when standing.
  - You may have to place and hold the urinal for some.

- Persons unable to walk to the bathroom often use commodes.
  - Some commodes are wheeled into bathrooms and placed over toilets.
Commode

- Persons unable to walk to the bathroom often use commodes.
  - The commode allows a normal position for elimination.
  - The commode arms and back provide support and help prevent falls.
  - Some commodes are wheeled into bathrooms and placed over toilets; they are useful for persons who need support when sitting.
  - The container is removed if the commode is used with the toilet. Wheels are locked after the commode is positioned over the toilet.
Urinary Incontinence

- The basic types of incontinence are:
  - Stress
  - Urge
  - Over-flow
  - Functional
  - Reflex
  - Mixed incontinence
  - Transient

- If incontinence is a new problem, tell the nurse at once.
Caring for the Person with Incontinence

- The following may be needed:
  - Good skin care and dry garments and linens
  - Promoting normal urinary elimination
  - Bladder training
  - Catheters
  - Incontinence products to help keep the person dry

- Incontinence is linked to abuse, mistreatment, and neglect.
  - Remember, incontinence is beyond the person’s control.
  - If you find yourself becoming short-tempered and impatient, talk to the nurse at once.
  - The person has the right to be free from abuse, mistreatment, and neglect.
Dementia and Incontinence

• Persons with dementia may:
  ➢ Void in the wrong places.
  ➢ Remove incontinence products and throw them on the floor or in the toilet.
  ➢ Resist staff efforts to keep them clean and dry.
Catheters

- Inserted through the urethra into the bladder, a urinary **catheter** drains urine into a drainage bag.
  - A **straight catheter** drains the bladder and then is removed.
  - An **indwelling catheter (retention or Foley catheter)** is left in the bladder.

- **Catheterization** is the process of inserting a catheter.
Catheters (Cont’d)

- Catheters are used:
  - Before, during, and after surgery
  - For people too weak or disabled to use the bedpan, urinal, commode, or toilet
  - To protect wounds and pressure ulcers from contact with urine
  - To allow hourly urinary output measurements
  - As a last resort for incontinence
  - For diagnostic purposes

- You will care for persons with indwelling catheters.
Catheter Drainage Systems

- Drainage systems
  - A closed drainage system is used for indwelling catheters.
    - Nothing can enter the system from the catheter to the drainage bag.
  - Some people wear leg bags, which attach to the thigh or calf, when up.
  - The drainage bag is always kept lower than the bladder to prevent urinary tract infections (UTIs).
Accidental Disconnect

If a drainage system is disconnected accidentally:

- Tell the nurse at once.
- Do not touch the ends of the catheter or tubing.
- Practice hand hygiene and put on gloves.
- Wipe the end of the tube with an antiseptic wipe.
- Wipe the end of the catheter with another antiseptic wipe.
- Do not put the ends down.
- Do not touch the ends after you clean them.
- Connect the tubing to the catheter.
- Discard the wipes into a biohazard bag.
- Remove the gloves and practice hand hygiene.
Drainage Bags

- Leg bags are changed to drainage bags when the person is in bed.
- You open the closed drainage system.
  - Prevent microbes from entering the system.
- Drainage bags are emptied and measured:
  - At the end of every shift
  - When changing from a leg bag to a drainage bag
  - When changing from a drainage to a leg bag
  - When the bag is becoming full
Condom Catheters

- To apply condom catheters (external catheters, Texas catheters, urinary sheaths):
  - Follow the manufacturer’s instructions.
  - Thoroughly wash the penis with soap and water.
  - Dry the penis before applying the catheter.
  - Condom catheters are self-adhering or applied with elastic tape.
  - Never use adhesive tape to secure catheters.
Bladder Training

- Control of urination is the goal.
- The normal position for urination is assumed if possible.
- Privacy is important.
- Four methods:
  - Bladder retraining—resist the urge, follow a schedule instead
  - Prompted voiding—the person uses the toilet, commode, bedpan, or urinal at certain times.
  - Habit training/scheduled voiding—voiding is scheduled usually every 3 to 4 hours based on the person's normal voiding pattern.
  - Catheter clamping—catheter is clamped for increasing periods of time, increasing tolerance.
Quality of Life

- Illness, disease, and aging can affect the private act of voiding.
- Residents often depend on the nursing staff to assist with elimination needs.
- Promote dignity, comfort, and respect when assisting with elimination needs.
- You must protect the person’s privacy.
  - If you must stay in the room, allow as much privacy as possible.
- Empty urinals, bedpans, and commodes promptly.