

# BLADDER PROGRAM

## PURPOSE

To increase bladder tone and allow the client to regain bladder control without a catheter, if possible.

To increase the client's self-esteem.

To avoid the development of a urinary tract infection from continued use of an indwelling catheter.

To prevent skin irritation and breakdown.

## APPLIES TO

- Registered Nurses
- Licensed Practical/Vocational Nurses
- Therapists
- Other (Identify): \_\_\_\_\_

## EQUIPMENT/SUPPLIES

- Clamp.
- Measuring device.

## PROCEDURE

1. Wash hands. Refer to the Hand Washing procedure.
2. Instruct the client in the process of increasing bladder tone.
3. **With an Indwelling Catheter:**
  - a. Clamp catheter for approximately two hours (possibly less, depending on client's tolerance of the procedure).
  - b. Unclamp catheter and have the client push down to stimulate urination and empty bladder. May massage over bladder area. Measure urine output.

- c. Repeat process every two hours until the client is able to hold approximately 250 ml of urine and feels the urge to void.
- d. Record intake and output.
- e. Notify physician of results and obtain order to remove the Foley catheter.
- f. Remove catheter.
- g. Proceed to next section.

**4. Without an Indwelling Catheter:**

- a. Instruct or take the client to void after meals and fluids, after naps, before bed, before activities, and more often if necessary. Encourage the client to use the toilet instead of relying on bedpans and urinals, if possible.
- b. Assist the client in developing a bladder routine and assess pattern.
- c. Instruct the client to fully empty bladder each time.
- d. If the client is incontinent at night, try waking to void during the night.

## **DOCUMENTATION GUIDELINES**

- 1. Document in the clinical record:
  - a. Frequency of and tolerance to clamping catheter and amount held.
  - b. The client's routine.
  - c. The client's progress with the program.
  - d. Any incontinence.
  - e. Notifications to physician.
  - f. Instructions given to client and client's ability to repeat instructions and demonstrate compliance.

### **RELATED PROCEDURES**

None.