

**R. B. Turnbull Jr. MD WOC Nursing Education Program
Continence Care Mini Case Studies**



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Reviewed by: _____

Score: /55

This assignment focuses on holistic assessment of the individual with continence issues, the application of specialist knowledge, and the synthesis of holistic continence plans.

For each of the below continence focused scenarios, use the information provided to identify a plan.

- ❖ Individualize your recommendations specific to the case study. *Apply* what you know as the continence expert. _
- ❖ When providing rationale make sure to explore *why* an action or actions are chosen. Citations may be used as necessary but are not required.
- ❖ To support your actions, include at least three relevant references in addition to the course textbooks. (Use 7th edition APA formatting)

Example

A 67-year-old obese female patient is referred to the outpatient clinic with worsening fecal incontinence. The patient reports she has a low fiber, high carbohydrate diet. She reports isolating in fear of an incontinent episode.

Suspected Problem:
(1 point)

Identify any further actions that need completed at this visit and include specific tests.

Referral to a nutrition specialist...
Functional assessment...
Referral for anorectal manometry...
Explore diet, liquids
Quantification of incontinence and characteristics

(2 points)

The long term-recommendations for this patient are ...

Incontinence diary...
weight management...
Dietary improvement- small obtainable goals...
Consider wearing incontinence products when away from home. (include specific products)

(2 points)

Rationale for your actions:

A functional assessment identifies...
Anorectal manometry is used to assess sphincter function and used when...
Reference as needed

(2 points)

Scenario 1

A 76-year-old woman presents to the outpatient setting with a complaint of new onset FI. She has a history of chronic constipation with fecal impaction and leakage of liquid stool. On assessment she denies any sensation of rectal fullness. Her anal wink is intact, and her sphincter tone is normal with good voluntary contractility. She eats mostly starches, dairy products, and meats. She does not eat fruits and vegetables because they “bother her stomach”. She has used OTC laxatives to induce bowel movements with increasing frequency over the last few years. She reports current use of laxatives as being once a week and frequency of bowel movements as one or twice a week “with straining.” The leakage began just this week, and she is very upset about it. She says she will “do whatever you recommend” to get her bowels working right again.

Suspected Problem:

(1 point) Functional constipation with fecal impaction

Identify any further actions that need completed at this visit.

Would recommend:

- 1. Full Assessment and medical history**
- 2. Enema to remove impacted stool**
- 3. Nutrition consults for incorporating fiber foods that patient can tolerate**
- 4. Functional assessment**
- 5. Pelvic floor exercises**
- 6. Review of current Medications**
- 7. Referral for anorectal manometry**
- 8. Protective under garments**

(2 points)

The long term-recommendations for this patient are ...

1. Increased Fiber, use of daily psyllium fiber such as Metamucil
2. Increased fluid intake
3. Regular exercise
4. PRN use of laxatives

(2 points)

Rationale for your actions:

Full assessment and medical history to give an overall baseline as to if the patient has any immediate health issues such as abdominal blockage.

The enema would be used to help removes any impacted stool that is causing leakage around the impacted stool.

Because she has chronic constipation, a functional assessment could provide valuable information on the type and degree of malfunction. This may determine what type of bowel regimen she ultimately be prescribed.

I would recommend due to the chronic constipation that the patient has therapy for

pelvic floor strengthening, and if her manometry to check the pelvic strength shows weakness/or dysfunction. Pelvic floor muscle exercises may be beneficial for stool leakage. (Callan & Francis 2022)

(2 points)

/7 points

Scenario 2

A 50 y/o female presents to the outpatient clinic for “management of incontinence”. She describes periods of incontinence with sneezing. She indicates she does not feel like she empties her bladder completely.

Suspected Problem:
(1 point) Stress Incontinence

Identify components of your focused assessment and include any diagnostic tests.

- 1. Full Assessment (Pelvic exam) and medical history including social and nutritional consult**
- 2. Use of “OLDCART” Systemic Interview**
- 3. Review of Current Medications**
- 4. Post void residual volume assessment**
- 5. Urodynamic testing**

(2 points)

Describe your treatment plan.

- 1. If pt is overweight would recommend weight loss**
- 2. Regular exercise and pelvic floor muscle exercises**
- 3. Teach the “Knack” stress maneuver**
- 4. Toileting habits**

(2 points)

Rationale: Losing weight if a patient is overweight t can decrease pressure on bladder. Teaching the patient pelvic floor muscle exercises can help the muscles prevent leakage. The “Knack” stress maneuver also helps prevent leaks by having the patient queueze the pelvic muscles prior to cough or squeeze (Thompson 2022).

(2 points)

/7 points

Scenario 3

A 68-year-old male patient is in the hospital for a fall. The continence nurse is consulted per the patient request. The patient reports that he has “difficulty reaching the toilet in time at night” after his discharge from a knee replacement surgery 2 months ago.

Suspected Problem:

(1 point) Functional Urinary Incontinence

Describe your recommendations and include any consults needed.

Toileting schedule
Use of Commode
Occupational therapy
Use of absorbative undergarment, bed pads
Supervision
Night lights

(2 points)

Rationale: Gait disturbances and weakness can be put a patient at risk for functional urinary incontinence (Palmer, 2022). This patient had a recent knee surgery and a fall. The patient may have been trying to get to the toilette quickly and lost balance. Having a commode near his bed would eliminate the distance to the bathroom and provide physical support. Also wearing undergarments and padding his bed, just in case would reduce anxiety over rushing to bathroom as it would help prevent leaks. Having a home care agency perform an OT evaluation and perform a safety evaluation to make a safe transfer plan and home DME equipment will be very helpful.

(2 points)

/5 points

Scenario 4

A 53-year-old female patient presents to the outpatient clinic with complaints of increased urinary urgency. Patient is anxious and requesting “surgery” to fix her continence issues. She is a 2ppd smoker and reports daily oral fluid intake is two “Venti” cups of coffee, 1-2 8oz glasses of water, and 3 shots of tequila. Physical assessment finds abdomen soft, non-tender, non-distended with no palpable masses and no obvious hernias. External genitalia normal. The anus and perineum are normal. No visible prolapse. Reported daytime urinary frequency is every 30 minutes with nocturia 4-5 times a night with no enuresis.

Suspected Problem:
(1 point)Urinary tract infection

Identify further components of your focused assessment and include any diagnostic tests.

1. Full medical assessment and history
2. Medication review
3. Diagnostic Blood labs including glucose
4. UA/Culture

(2 points)

Describe your treatment plan.

1. **Antibiotics**
2. **Phenazopyridine**
3. **Increase fluids**
4. **Hygiene education, wipe from front to back**

(2 points)

Rationale:

If the U/A and culture are positive, then continue with antibiotics and phenazopyridine. Increasing fluids will help hydrate and flush out the bladder and education on wiping from front to back may help prevent future uti.

(2 points)

/7 points

Scenario 5

A non-ambulatory 90 y/o male presents to the emergency department from a long-term care facility for change in LOC. Continence nurse consulted for management of “a leaking catheter.” The patient is anxious and disoriented and wearing a brief soiled in liquid stool in bed. He is also pulling at an indwelling urinary catheter, which has urine leaking from insertion site. The patient is a poor historian and has no other present caregivers. His skin is intact. Patient has no non-verbal signs of pain.

Suspected Problem:

(1 point) Urinary tract infection with clogged foley catheter

Identify components of your focused assessment and include any diagnostic tests.

1. Medical history and noting from caregivers his normal mentation
2. Remove foley replace and obtain sterile urine specimen
3. Assess UA/Culture
4. Assess stool for C-diff
5. Asses perineal skin for breakdown

(2 points)

Describe your recommendations and any necessary products.

1. Antibiotics
2. New foley catheter or Texas catheter if he continues to pull foley
3. Skin barrier ointment
4. Absorbative undergarments

(2 points)

Rationale:

The rational for this was that the patient has stool leakage, and this may be a factor in him having a UTI especially if it was getting onto the catheter and contaminating the foley.

(2 points)

/7 points

Scenario 6

A 47-year-old female patient is seen in the outpatient clinic. The patient has pelvic organ prolapse and moderate hypertension. She has high anxiety and is not a current candidate for surgery due to BP issues. Her surgeon referred her for further education regarding a Gellhorn pessary until her BP is controlled, with regular follow-ups in the clinic. Previous urodynamic testing showed normal bladder capacity and compliance. Cystoscopy showed no lesions and CT urogram showed no suspicious renal or urothelial lesions.

Discuss your education plan.

- 1. Regular exercise and pelvic floor muscle exercises**
- 2. Use of Gellhorn Pessary**
- 3. B/P control including medications and diet**
- 4. Management of pelvic prolapse**

(2 points)

Describe your treatment plan.

Gellhorn Pessary use

Pelvic floor therapy

Reassess B/P

Rerefer to surgeon after B/P controlled

(2 points)

Rationale:

Due to blood pressure issue, patient will need to have control over this before she can be rereferred back to surgeon. The patient will need educated regarding pessary use.

This would include removal and insertion. The patient would be taught to wash her hands then grasp the rim of the pessary just under the pubic bone at the front of your vagina. Locate the notch or opening and hook your finger under or over the rim. Next the patient would tilt the pessary, to about a 30-degree angle, and gently pull down and out of the vagina. Folding the pessary somewhat, it will ease the removal.

To insert the pessary the patient should wash her hands then grasp the pessary midway between the ring and the ring with the peg and fold the pessary in half. The curved part should be facing the ceiling, like a taco. Put a small amount of water-soluble lubricant, such as KY Jelly, on the insertion edge. Next, she should the fold the pessary in one hand and spread the lips of your vagina with the other hand. Gently push the pessary as far back into the vagina as it will go. You can do this squatting, standing with one foot propped on the tub or toilet, or sitting with your feet propped up. Education the patient about the benefits of a pessary are beneficial. Pessaries are minimally invasive and can provide very quick relief of symptoms, low risk and financially affordable. They can be a good choice for women who choose a nonsurgical intervention (Al-Shaikh et al 2018).

(2 points)

/6 points

Scenario 7

Mr. J. had an indwelling catheter placed for urinary retention secondary to an enlarged prostate. He is started on Finasteride (Proscar), 5 mg once a day to decrease the size of his prostate. Mr. J. visits the urologist for a 2-month follow-up for removal of his indwelling catheter and a voiding trial. The PVR is 425ml, and the urologist orders clean intermittent catheterization (CIC) rather than indwelling catheter use.

State the goal of CIC:

The goal of CIC is to completely empty the bladder and prevent damage to bladder and kidneys as well a prevention of UTI.

(1 point)

Mr. J will need to learn CIC. Detail your education plan.

Gather his Supplies: Sterile catheters, antiseptic solution, gloves, disposable towels, a container for urine

Wash his hands thoroughly: Use soap and water for at least 20 seconds.

Prepare a comfortable area: **Educate** the patient to lie down comfortably or sit on the toilet.

Insert the catheter: Show the patient how to gently insert the catheter into the urethra, following the natural curve of the penis.

Drain the urine: Allow the urine to flow into the container.

Remove the catheter: Gently withdraw the catheter and discard it if it is disposable.

Clean up: Wipe the area with antiseptic solution, dispose of used supplies, and wash hands again.

Report any pain or signs symptoms of infection to provider

(3 points)

Identify at least two complications that can occur with CIC. Complications that can occur include infection and urethral trauma. Handwashing as well as gentle maneuvers that that encourage complete evacuation of the urine from the bladder. The most frequent complication is UTI. The reason for this is when urethral damage occurs, the mucosal barrier to infection is compromised as bladder wall is compromised, also stretched from retained urine, the capillaries can become occluded, making the bladder more vulnerable to infection (Kennelly et al 2022).

/6 points

Scenario 8

The continence nurse is tasked with identifying trends and implementing interventions related to continence issues in an inpatient organization and is asked to develop a CAUTI QI project.

Identify the components of a quality improvement project.

1. Establish goals
2. Collaborate with interdisciplinary team
3. Identify the problem
4. Identify measures
5. Collect data
6. Evaluate processes and root causes
7. Develop solution and test the changes

(2 points)

Describe how you would design a CAUTI QI project. (Make sure to include problem identification and evaluative measures)

I would design my CAUTI to reduce home care CAUTI rates and the evaluative measures would include outcome measure that indicates how the system is working. The goal of the outcome measure was to decrease rates of CAUTI in the homecare setting.

(3 points)

Discuss the dissemination of information regarding the project results. I would approach my home care agency and discuss this information through huddles, memos, education of staff, update policies and possibly present this information in a WOC conference. Using collective efforts of the interdisciplinary team responsible for providing patient care, along with the improved implementation of reliable CAUTI prevention strategies and the education and buy in of staff, patients, and families, can impact positive clinical outcomes and reduce the risk of urinary tract infections(Plando et al 2024).

(2 points)

/7 points

References: 3 points

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