**Competency Exam for Bladder Retraining and Toileting Program**

1. An individually scheduled toileting program would be to take every resident in the facility to the toilet every 2 hours/ 24 hours a day for 7 days per week.

1. True
2. False

2. When starting a bladder retraining and/or toileting program, the following guideline should be followed:

1. All residents in the Medicare unit should begin the program at the same time
2. Only 1 to 2 residents per unit should participate in the program at a time
3. Females should always be placed in the program prior to any males
4. There should be no bladder retraining or toileting program candidates in the

facility until the year 2001.

3. Incontinence is a normal and accepted part of aging?

1. True
2. False

4. Bladder retraining is part of the restorative nursing program?

1. True
2. False

5. Which of the following programs are involved in a facility toileting program?

1. Routine toileting, diaper training, and prompted toileting
2. Requested toileting, routine toileting, and whenever you feel like it toileting
3. Routine toileting, individually scheduled toileting, and prompted toileting
4. Clock toileting, prompted toileting, and independent toileting

6. When developing a program for resident incontinence, the OT and/or PT can be involved as part of the interdisciplinary team approach.

1. True
2. False

7. For a bladder retraining or toileting program to be successful, it must be carried out by facility staff 24 hours per day, 7 days per week?

1. True
2. False

8. The assessment period is used to obtain pertinent information which allows the team to establish a resident specific voiding pattern.

1. True
2. False

9. The time frame for a resident assessment period should be:

1. At least 7 days in duration
2. No longer than 24 hours
3. A minimum of 3 days
4. 2 or 3 hours per day spread out over a 2 week period

10. Adequate hydration is an important component of a successful bladder retraining/toileting program.

1. True
2. False

Name:

Total Score:

Examiner:

Date of completion:

Answer Key

Bladder Retraining & Toileting Program Competency Exam

1. B
2. B
3. B
4. A
5. C
6. A
7. A
8. A
9. C
10. A

70% correct is the required passing score