CONTINENCE RETRAINING PLAN

Resident: \_\_\_\_Amy Anybody\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Room #: \_\_100\_\_\_\_\_\_\_\_\_\_\_

Restorative Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_2/15/00\_\_\_\_\_\_\_\_\_\_

Period Covered: \_\_\_\_\_\_\_\_\_\_2/15/00 – 3/28/00\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Problem summary**: \_\_Resident has been recently incontinent 3 times a day due to\_\_\_\_\_\_\_

\_\_catheter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Fluid intake guidelines**: \_No restrictions, likes cranberry juice after each meal\_\_\_\_\_\_\_\_\_\_

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1. **Cognitive goals**: \_Resident is able to express need to urinate, needs help\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Mobility/transfer/balance goals**: \_Currently requires minimal assistance of 1 \_\_\_\_\_\_\_\_\_\_

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1. **Dressing/ADL goals**: \_\_As continence improves, resident will be able to zip pants\_\_\_\_\_\_\_\_

\_\_independently\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Toileting Schedule**: \_\_Every 3 hours during day, 6am, 9am, 12pm, right before eating,\_\_\_\_

\_30 minutes after meal, 3pm, 6pm, and prior to bedtime\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Night Schedule: (wake or not to wake resident?): \_\_Resident requested not to be wakened\_

\_\_at night.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Use of incontinence products (adult briefs, pads, etc.)**: \_Residents will use adult briefs\_\_ at night only. Resident is able to assist with putting on briefs.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Communication instructions for staff to resident**: \_Resident refers to urination as\_\_\_\_\_\_

\_”making water” and need to be positive and provide a lot of praise\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Instructions to staff**: \_Plan is to have resident independent with continence in 6 weeks\_\_\_\_

\_\_\_and be independent with ADL’s for toileting\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Documentation guidelines**: \_Restorative Manager to document on a weekly basis\_\_\_\_\_\_\_\_

\_using bladder progress notes and they will be maintained in incontinence notebook\_\_\_\_\_\_\_

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1. **Equipment / environmental needs**: \_Elevated toilet seat with safety rails\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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