**RESIDENT CONTINENCE RETRAINING PLAN**

1. **PURPOSE**

* To provide very specific, detailed guidelines for resident specific bladder plan
* To communicate plan information to all involved staff members
* To facilitate and increase ease with plan implementation
* To communicate modifications and updated goals as indicated

1. **PROCEDURE**

This section will provide an explanation regarding information to be included on the continence retraining plan

* ***PROBLEM SUMMARY****:* Concisely identify incontinence problems, situation leading to problem, pertinent history
* ***FLUID INTAKE GUIDELINES****:* Document how much fluid resident should be receiving, times fluids will be offered, should resident receive fluids after 8:00pm, are there certain methods that resident responds better to, and fluid likes and dislikes
* ***COGNITIVE GOALS****:* Document information regarding cognitive issues that are being addressed in order for resident to achieve success-ability to locate bathroom, stay focused on toileting throughout entire task, recognize internal cues regarding urge to void, look at and read clock to know when next toileting is scheduled
* ***MOBILITY/TRANSFERS/BALANCE GOALS****:* Be specific regarding amount of assistance and type of transfer required to ensure that consistency with assistance by staff is maintained.
* ***DRESSING/ADL GOALS****:* This area should be addressed as the resident improves with continence level and is able to focus on higher level skills without the "urgent" need to void
* ***TOILETING SCHEDULE****:* Describe in detail the exact times the resident is to be toileting. Document any specific conditions regarding toileting. Also include resident specific instructions regarding whether or not resident is to awaken at night for toileting
* ***USE OF INCONTINENCE PRODUCTS:*** If products are to be used, document type, schedule for use and whether or not resident will have an active role in the use *of* the products. Are they going to be responsible for applying, removing or disposal of incontinence products?
* ***COMMUNICATION INSTRUCTIONS FOR STAFF TO RESIDENT****:* Document instructions for methods in which to appropriately address delicate issues regarding toileting so as not to embarrass or discourage resident. Document *if* resident requires gentle reminders regarding orientation, etc and instruct staff in providing positive reinforcement.
* ***INSTRUCTIONS TO STAFF***: All staff members involved need to be inserviced regarding resident specific plan and what their individual role is.
* ***DOCUMENTATION GUIDELINES****:* Specify forms to be used, required information to be documented, location of forms, frequency of documentation and who is required to document.
* ***EQUIPMENT/ENVIRONMENT NEEDS****:* Describe any specific equipment to be used and proper method of use.