CNA Continence Quiz

Take this self-quiz to see if you are helping residents stay as dry as possible.

Do you:

1. Offer fluids every time you are in their room?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

2. Complete bladder diaries in an accurate and timely way?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

3. Recognize the importance of toileting and understand the different approaches that can be used to promote continence?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

4. Talk with cognitively able residents to find out what would be helpful to them in staying dry. Reassure them that you will do what you can to help them stay dry and follow through?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

5. Avoid using absorbent products with patients who are continent?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

6. Match the right size and type of absorbent product with the amount of urine typically lost in those patients that need to use a product?
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve

7. Maintain good genital hygiene by providing regular peri-care after wet episodes and reminding female residents to wipe from front to back.
   - Always
   - Most of the Time
   - Sometimes
   - Never
   - need to improve
8. Help residents choose clothing that will be easy to manage when toileting (i.e. avoiding zippers, buttons, etc.)?
   Always       Most of the Time       Sometimes       Never-need to improve

9. Assist residents in ways that support their function and mobility?
   Always       Most of the Time       Sometimes       Never-need to improve

10. Know how to use different techniques to facilitate bladder emptying (i.e. double voiding, suprapubic tapping, etc.)?
    Always       Most of the Time       Sometimes       Never-need to improve

11. Know how to do pelvic muscle exercises (PME) and encourage residents who are cognitively able to do correctly?
    Always       Most of the Time       Sometimes       Never-need to improve

12. Recognize and report changes in continence status, bowel function, cognitive function, mobility and skin integrity to nursing staff/Continence Consultant?
    Always       Most of the Time       Sometimes       Never-need to improve

You play a key role in helping patients stay as continent as possible. By doing so you are helping residents feel better about themselves, maintain their dignity and decrease their risk of depression. While not every resident will be able to achieve 100% continence, by working together we can often decrease the number of wet episodes, slow the progression of incontinence in those residents with dementia and other neurologic conditions, reduce the risk of UTIs and falls, and maintain their skin integrity. And as you know, all of these things make a big difference in the overall health of elderly residents. Thanks!

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