

## Module 4: Continence

## QUIZ ANSWERS

1. h. all of the above
2. Any two of the following: the bladder wall becomes thinner, sphincter muscle tone decreases/weakens, urine stream is weaker, bladder does not empty completely
3. d. all of the above
4. h. all of the above
5. Bladder retraining, prompted voiding, ensure adequate fluid intake, review medications, routine scheduled toileting, limit use of bladder irritants, assess post-void residuals, pelvic muscle exercises
6. Any four of the following:
  - temperature above 37.9° C
  - blood in the urine
  - any new: burning or pain with urination, chills or shaking, delirium or confusion – any rapid change in cognitive abilities, such as a sudden inability to focus
  - any new or worsening urinary urgency, frequency, incontinence
  - pain in the lower abdomen and side
  - change in urine colour or odour
  - urethral or vaginal discharge

### TRUE/FALSE Answers

7. True
8. False
9. True