

Module 4: Continence

QUIZ

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

Name: _____ Date: _____

1. A continence assessment and management flowsheet includes observation in which of the following categories?
 - a. cognition and neurological damage
 - b. mobility and self-care
 - c. communication
 - d. fluid intake
 - e. constipation
 - f. urinary tract infection
 - g. b, d & e
 - h. all of the above

2. Describe 2 changes that occur in an aging bladder. (2 points)
 - i. _____
 - ii. _____

3. The risk of constipation is increased by which of the following?
- a. impaired communication
 - b. reduced fluid intake
 - c. immobility
 - d. all of the above
4. Signs and symptoms of incontinence include:
- a. any change in the survivor's normal bowel and bladder function
 - b. loss of small amounts of urine (dribbling), which might happen when the survivor does something physical, such as lifting, coughing, or sneezing (stress incontinence), or it might happen without any movement
 - c. a sudden urge to urinate, followed by loss of large amounts of urine (urge incontinence)
 - d. urinating more than 8 times per day or twice per night
 - e. a weak or interrupted urine stream
 - f. the bladder still feels full, even after urinating (a sign of urinary retention)
 - g. frequent urinary tract infections
 - h. all of the above
5. Name two strategies to assist stroke survivors to manage urinary incontinence: (2 points)
- i. _____
 - ii. _____
6. A lower urinary tract infection (UTI) can move up the urinary tract to the kidneys and cause serious problems. Name four signs and symptoms of UTI. (4 points)
- i. _____
 - ii. _____
 - iii. _____
 - iv. _____

TRUE/FALSE Questions

(circle the correct letter)

- T F 7. There is evidence that all stroke patients should be screened for urinary incontinence within two days of admission.
- T F 8. A stroke patient should remain catheterized until they become independent with mobility and transfers.
- T F 9. Urgency to urinate and incontinence may happen because of involuntary bladder contraction.

SCORE: _____ / 14

Nurse Clinician/Designate signature: _____