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# Post-Stroke Bladder Management

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# Post-Stroke Bladder Management

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## Introduction

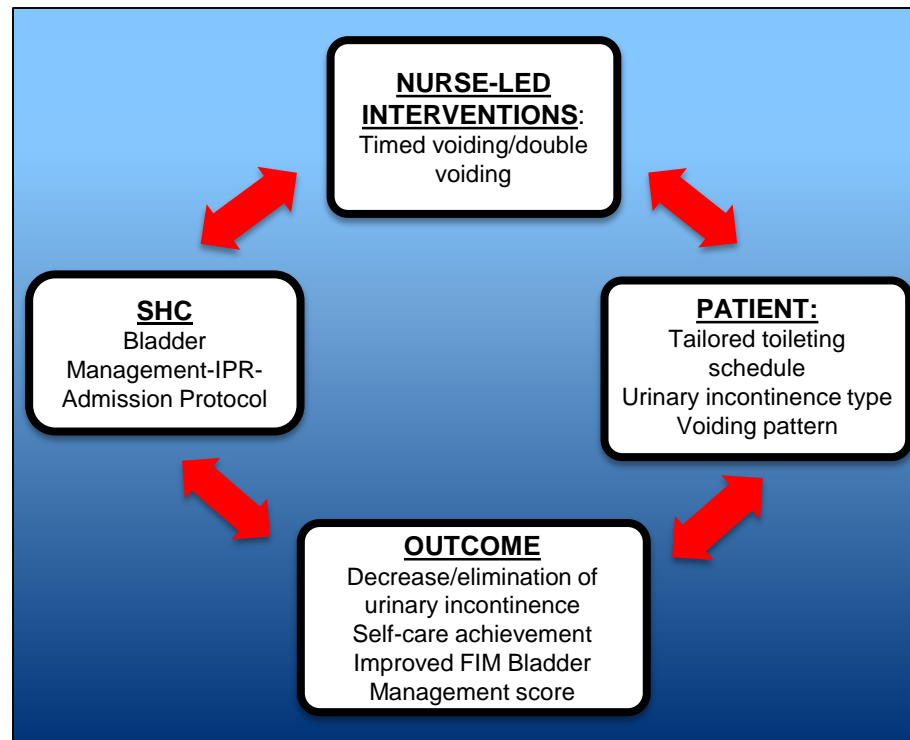
Urinary incontinence is commonly observed in patients recovering from a stroke. Bladder management and Nurse-led interventions such as timed voiding, and double voiding, may be helpful to decrease the risk of urinary tract infections and incontinence episodes in these patients.

## Research Problem/ Question

For patients recovering from strokes, do nurse-led interventions such as timed voiding or double voiding reduce the incidence of urinary incontinence episodes and urinary tract infections in comparison to not implementing these interventions?

## Methodology

- The Competency Model for Professional Rehabilitation Nursing can be used as a reference to implement best EBP for continence approaches (Cave, 2017).
- An algorithm of bladder continence care and, or established protocols should be followed (Herr-Wilbert, Imhof, Hund-Georgiadis, & Wilbert, 2010).
- Nurse-led interventions should include bladder assessments on the day of admission to identify incontinence (Cave, 2017).
- Timed voiding or double voiding could be used to promote bladder continence and to prevent urinary tract infections (Thomas et al., 2008).
- Patient education and evaluation of the intervention outcomes should be considered.



## Conclusions/Implications

- Bladder incontinence affects has a negative impact on the patients' social and emotional well-being.
- Incontinence is a problem that affects patients' length of recovery and may contribute to other complications
- Timed voiding and double voiding are conservative nurse-led interventions for bladder management that may help stroke patients to regain bladder continence, as well as to decrease urinary tract infections, skin breakdown, and incontinence

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