

Improving Identification of Urinary Retention

Katlyn Duffy BSN, RN

Lehigh Valley Health Network, katlyn.duffy@lvhn.org

Patrick Mulderig BSN, RN

Lehigh Valley Health Network, patrick_j.mulderig@lvhn.org

Erika Nolan BSN, RN

Susan Schumacher BSN, RN

Lehigh Valley Health Network, susan_m.schumacher@lvhn.org

Sarah Wicker BSN, RN

Follow this and additional works at: <http://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

Published In/Presented At

Duffy, K. Mulderig, P. Nolan, E. Schumacher, S. Wicker, S. (2016, Oct). *Improving Identification of Urinary Retention*. Poster presented at LVHN Vizient/AACN Nurse Residency Program Graduation, Lehigh Valley Health Network, Allentown, PA.

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

Improving Identification of Urinary Retention

Katlyn Duffy BSN, RN
 Pat Mulderig BSN, RN
 Erica Nolan, BSN, RN
 Susan Schumacher BSN, RN
 Sarah Wicker BSN, RN

Lehigh Valley Health Network, Allentown, Pennsylvania

BACKGROUND

- On one of the project units, a confused, older post-op patient became agitated and attempted to get out of bed to toilet, sustaining a fall. The patient was post catheter removal and had not met the time criteria for a bladder scan, but it was discovered that she was having urinary retention.
- Urinary Retention can cause adverse events such as falls, CAUTIs, a weakened urinary stream, increased confusion, worsened constipation, and inability to urinate (Christensson, L., et al.,2010).
- LVHN's current "Protocol for Urinary Retention in Adults" was reviewed (Lehigh Valley Health Network, Patient Care Manual, Version 1, 2015).
- The purpose of this project is to increase project units' staff awareness of signs and symptoms of urinary retention, especially in cognitively- impaired or confused older adults to reduce adverse effects of urinary retention.

PICO QUESTION

Will educating Registered Nurses and Technical Partners (4T, 5C, and 7A) on the importance of increasing the recognition of signs and symptoms of Urinary Retention in cognitively-impaired or confused older adults (age 65 and older) improve nurses' knowledge regarding signs and symptoms of urinary retention.

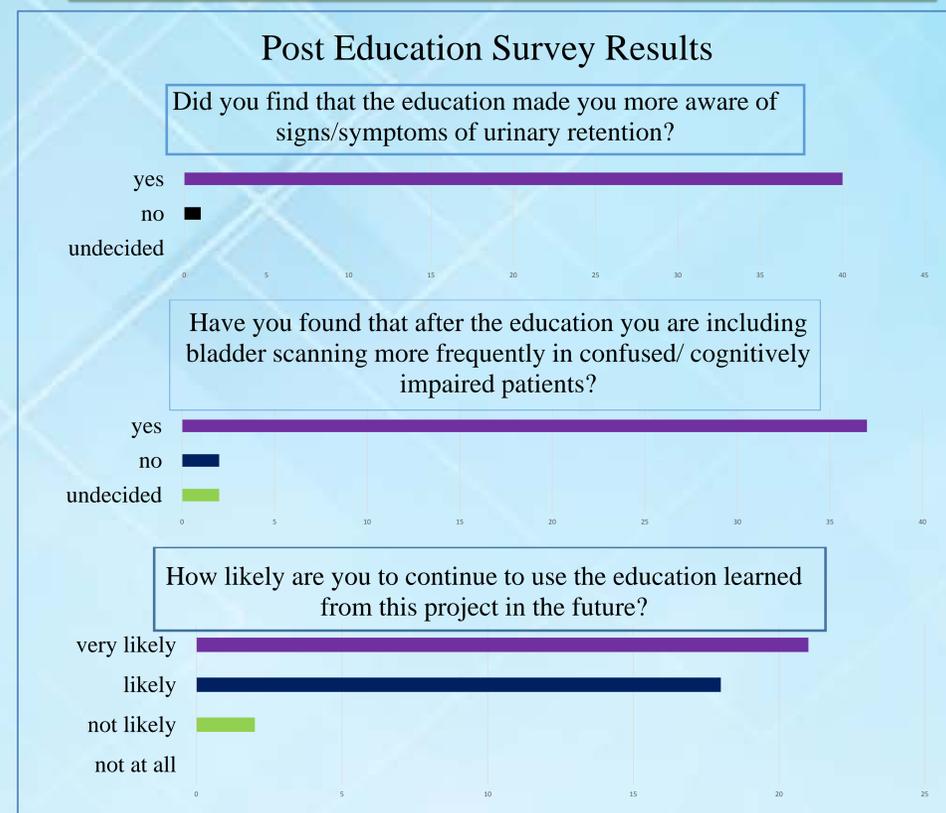
EVIDENCE

- Search engines CINAHL, Google Scholar, and PubMed were used with keywords urinary retention, ultrasound bladder scan, urinary catheter, and urinary symptoms.
- Common signs of urinary retention are shown in hospitalized patients aged 65 years and older. (Griebing, T.,et al., 2016).
- Clinical signs to perform a bladder scan on a patient include pain, anxiety and confusion (Christensson, L., et al.,2010).
- "In a prospective study it was found that, in 174 patients, 39% were not able to void spontaneously post surgery and required catheterization." (Chung, C., et al.,2015).
- "The limitation of such (bladder scanning) protocols is their reliance on the PVR: a clinical marker that is insufficient when interpreted in isolation...." (Ostaszkievicz, J., et al. 2008).

METHODS

- An educational PowerPoint was developed to review S/S of urinary retention, adverse effects of urinary retention and consideration for bladder scanning.
- PowerPoint education was reviewed with RN and Technical Partner staff via small-group sessions on the three project units.
- Reminder regarding signs and symptoms (S/S) of urinary retention and request to consider bladder scanning posted on the bathroom door in each patient room on the project units.
- A post-survey was distributed to assess staff's view on the education and their actions going forward.
- Nurse Residents collated anecdotal information they collected within their patient assignments during the project.
- Project units included: LVH-M 4T (Orthopedic/Neuro Med-Surg Unit), LVH-CC 5C (24 hour observation Med-Surg Unit) and LVH-CC 7A (Neurology Med-Surg Unit).

RESULTS



n = 41 returned surveys

OUTCOMES

- Of the 41 surveys returned, 37-40 respondents found the information provided increased awareness of urinary retention and increased the likelihood of utilizing bladder scanning with confused or cognitively-impaired patients.
- 12 anecdotal experiences were reviewed for trends:
 - Ages ranged from 63-103yo; Males = 8, Females = 4
 - 7/12 were confused or cognitively impaired
 - 6/12 were agitated, restless or anxious
 - 5/12 were post-op patients with use of current bladder scan protocol
 - 5/12 patients were able to communicate S/S of retention
 - 12/12 patients had positive bladder scan results and required catheterization
- Of the 7 confused or impaired patients, all had less bed alarm violations and were less restless/ agitated.

CONCLUSIONS

- Results suggest that proactive consideration of assessment for urinary retention in confused or cognitively-impaired patients is warranted.
- More data collection over time with the target population of confused or cognitively impaired patients would add strength to findings.
- Limited patient experiences and time frame of the project did not allow conclusions regarding prevention of adverse events.

REFERENCES

Altschuler, V., & Diaz, L. (2006). 'Clinical How To' Bladder Ultrasound. *Medsurg Nursing*, 15(5), 317-318

Christensson, L., & Johnansson, L. (2010). Urinary retention in older patients in connection with hip fracture surgery. *Journal of Clinical Nursing*, 19, 2110-2116

Chung, C.; Lee, K.; Sung, K. (2015). What Are the risk factors associated with urinary retention after orthopedic surgery? *BioMed Research International* vol. 2015, 5

Griebing, T., & Austenfeld, M. (2016). Geriatric urology and underactive bladder. *Shringer International Publishing Switzerland*, 177-188

Lee, Y., Tsay, W., Lou, M., & Dai, Y., (2007). The effectiveness of implementing a bladder ultrasound programme in neurosurgical units. *Journal of Advanced Nursing* vol. 57 (2), 192-200

Ostaszkievicz, J., O'Connell, B., Ski, C. (2008). A guideline for the nursing assessment and management of urinary retention in elderly hospitalized patients. *Australian and New Zealand Continence Journal* vol. 14 (3), 76-83

Patient Care Services (2015). Protocol for urinary retention in adults. *Lehigh Valley Health Network, Patient Care Manual, Version 1.*

Patient Care Services (2014). Protocol for nurse managed urinary catheter removal. *Lehigh Valley Health Network, Patient Care Manual, Version 1.*

© 2016 Lehigh Valley Health Network

A PASSION FOR BETTER MEDICINE.™

610-402-CARE LVHN.org

