Improving Identification of Urinary Retention

Katlyn Duffy BSN, RN
Lehigh Valley Health Network, katlyn.duffy@lvhn.org

Patrick Muldering 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

Outcomes

The purpose of this project is to increase project units’ staff awareness of urinary retention, adverse effects of urinary retention and consideration for bladder scanning.

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.

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. (Griebling, 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).

“How likely are you to continue to use the education learned from this project in the future?” (Ostaszkiewicz, 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

Post Education Survey Results

Did you find that the education made you more aware of signs/symptoms of urinary retention?

How likely are you to continue to use the education learned from this project in the future?

Yes

No

Undecided

Yes

No

Undecided

Very likely

Likely

Not likely

Not at all

Post Education Survey Results

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


© 2016 Lehigh Valley Health Network