Toileting and Incontinence

Duty: Assist Client with Personal Hygiene
Task: A.11 Assist client with toileting and incontinence care

Objectives:

- Define toileting.
- Describe guidelines for assisting with toileting.
- Identify reasons clients lose bowel or bladder control.
- Explain the guidelines for assisting with bowel or bladder retraining.
- Demonstrate assisting with toileting.
- Demonstrate emptying and cleaning a bedside commode.
Toileting is the act of assisting a dependent client with his/her elimination needs.

Depending on a patient's condition, his/her toileting needs may need to be met differently. This could be by assisting the patient to walk to a bathroom, to a bedside commode, onto a bedpan or to provide a male patient with a urinal.

A more dependent or incontinent client may have his/her toileting needs met solely through the use of disposable briefs.
Toileting and Incontinence

Ambulatory assistance - Some patients can walk with assistance from another person, usually a health care worker. Aside from the need for this help, they are capable of meeting their own elimination needs.

If a client is unable to walk to the bathroom, alternatives are provided.

Bedpan – For clients that cannot get out of bed easily, a bedpan can be used to urinate or defecate.

Urinal – This container is shaped so that a man can urinate in bed or standing next to the bed.

Bedside commode- For clients that can get out of bed but cannot walk to the bathroom, this is a portable toilet. The pan must be removed and emptied after use.
Guidelines for assisting with toileting:

- Be professional to minimize the client’s anxiety or embarrassment.
- Always provide privacy.
- Use body mechanics and assure client safety.
- Use standard precautions.
- Encourage as much independence as possible.
- Follow the plan of care.
Clients may lose bowel and bladder control due to age, disease, immobility, injury, or confusion. This condition is called incontinence.

Observe what is happening when incontinence occurs. Sometimes incontinence increases with despair, anxiety or isolation.

Some residents have “accidents” because they are embarrassed to ask for help with elimination needs. It is important to be supportive and sensitive to client’s toileting needs.
Toileting and Incontinence

Provide incontinent clients the following care:

- Reassure and offer understanding.
- Offer frequent toileting.
- Use disposable briefs. Do not refer to incontinence pads or briefs as “diapers.”
- Change briefs whenever wet or soiled.
- Provide good perineal and skin care.
Training programs help clients regain control of elimination. Relearning bowel and ladder control takes time and patience.

The goal of retaining is to establish a regular pattern for elimination and minimize or eliminate incontinence. Individual schedules are established. In order for training to be successful, instructions must be followed exactly.

Encourage adequate fluid intake unless the care plan limits fluids. Provide a regular eating schedule. For clients who are able, encourage ambulation and physical activities.
Guidelines for assisting with bowel or bladder retraining:

- Explain training schedule to client.
- Keep a record of the bowel and bladder habits.
- Encourage adequate fluid intake unless the care plan limits fluids.
- Provide a regular eating schedule.
- Encourage ambulation and physical activities unless restricted.
- Provide privacy for elimination.
- Do not rush the person.
- Assist with good perineal care.
- Offer positive reinforcement.
Demonstrable Skill

Assisting with Toileting a Client

1. Identifies that hands should be washed.
2. Explains the procedure to the client and puts on gloves.
3. Assist client to remove lower extremity clothing.
4. Assists the client to transfer safely to the toilet.
5. Gives the client privacy while using the toilet.
6. Verbalizes that perineal care would now be performed.
7. Assists the client to transfer safely from the toilet.
8. Assists the client to pull up lower extremity clothing and insures client is redressed appropriately.
9. Removes gloves and disposes in appropriate container and assists the client with washing hands.
10. Maintains client’s dignity and respect throughout the process.
11. Identifies that hands should be washed.
Emptying and Cleaning Bedside Commode

1. Indicates hands would be washed.
2. Puts on gloves and assembles equipment/supplies as needed.
3. Removes commode bucket and dumps waste in toilet.
4. Flushes toilet and cleans commode bucket.
5. Sanitizes bedside commode.
6. Washes, rinses and dries commode bucket.
8. Disposes of paper towels.
10. Removes gloves and disposes into the appropriate container.
11. Indicates hands would be washed.