Urinary Incontinence Evaluation

Name: _____

Date: _____
Age: _____

IIQ-7

Chores	____
Recreation	____
Entertain	____
Travel	____
Social	____
Emotional	____
Frustration	____
Total	____

Precipitants

(circle all that apply)
Change position
Running
Sneeze, cough
Laugh
Lift
Bend down
Reaching
Rush to toilet
Running water
Wash hands

Voiding Problems

(circle all that apply)
Damp w/o recog
Can hold:
- Indefinitely
- Few minutes
- Minute or two
- No full sensation

Nocturia

Trouble with:

Starting
Slow stream
Discomfort
Hematuria
Inc. emptying

Summary of Incontinence

Onset

Treatments

Self-help techniques

Bladder Diary _____ days
Accidents _____
Voids _____
Pad Changes _____

UI symptoms
(precipitants, impact, frequency, amount, voiding probs., bowel)

ROS
(neurologic (stroke, Parkinson's, memory loss), diabetes, CHF, obesity)

Positives
(history, habits, pregnancies)

Medication Review
(note beta blocker, sedative, narcotic, diuretic, anticholinergic, calcium channel blockers, OTC, cold remedy, herbals)

Habits

(circle all that apply)
Caffeine
Fluids per day
_____ oz
Bedtime fluids
_____ oz
Alcohol
_____/day
Tobacco
_____/day

Bowels

Straining
<3/wk.
7 days between
Enemas/lax
Incontinence

GU Hx.

Bladder tumor
Pelvic XRT
Rec. UTI
Kidney stones

Women only

No. of Pregnancies
____
Menopause? Y N
Age ____
(circle all that apply)
Estrogens
FHx. CA breast
Suspension
Dilitation
Hysterectomy
Ovaries out

Men only

Prostate surgery
Retention

Vital Signs	**BP_____**	**P___**	**T___**	**Wt.___lb**	**Ht._____in**

Eyes	☐ Nl conjunctiva & lids	**External genitalia**	☐
Pupils	☐ Pupils symmetrical, reactive	Skin irritation?	☐ None
Fundus	☐ Nl discs & pos elements	Sensation	☐ Normal fine touch
		Findings	
ENT-External	☐ No scars, lesions, masses		
Otoscopic	☐ Nl canals & timpanic membranes		
Hearing	☐ Nl to _____		
Neck palp.	☐ Symmetrical without masses		
Thyroid	☐ No enlargement or tenderness	**GU female**	
		Int. inspection	☐ Nl bladder, urethra, & vagina
Resp. effort	☐ Nl without retractions	Uterus	☐ Nl size, position, w/o tenderness
Chest percuss.	☐ No dullness or hyperresonance	Adnexa	☐ No masses or tenderness
Chest palp.	☐ No fremitus	Pelvic mm.	☐ Nl pressure, displacement, duration
Auscultation	☐ Nl bilateral breath sounds w/o rales	Provocative test	☐ No loss with cough, stand, heel bounce
		Findings (inflammation, prolapse, weakness)	
Heart palp.	☐ Nl location, size		
Cardiac ausc.	☐ No murmur, gallop, or rub		
Carotids	☐ Nl intensity w/o bruit		
Pedal pulses	☐ Nl posterior tibial & dorsalis pedis		
Breasts	☐ Nl inspection & palpation	**Rectal examination**	
		Sphincter	☐ Normal appearance and squeeze
Abdomen	☐ No masses or tenderness	Stool?	☐ None in rectum
L/S	☐ No liver/spleen palpable	**Males only**	
Hernia	☐ No hernia identified	Prostate	☐ Normal size, no nodules
Bladder	☐ Not enlarged	Rectal Findings:	
MS Gait	☐ Nl gait & station		
Nails	☐ No clubbing, cyanosis		
Neurologic	☐ Nl alertness, attentive		
Cranial nerves	☐ w/o gross deficit		
Coordination	☐ Nl rapid alternating movement	Residual urine volume: _____ ml. by: cath US	
DTR's	☐ Symmetrical, __ (scale: 0-4+)	Urinalysis	☐ Normal Findings:_____
Sensation	☐ Nl touch, proprioception		

Diagnostic Assessment

Plan (Behavioral, medications, education, referral, follow-up)