

URINARY CONTINENCE SCREEN

1. What symptoms are you experiencing?
 Inability to Control
 Dribbling
 Hesitancy
 Difficulty Starting
 Urgency
 Frequency
 Burning/Pain/Discomfort Where? _____
 Changes in Voiding Pattern What? _____
2. When did these symptoms begin? _____
3. How long have you had these symptoms? _____
4. Does anything precipitate the symptoms? Yes No
If yes, please describe: _____
5. Does anything relieve the symptoms? _____
If yes, please describe: _____
6. Does anything aggravate the symptoms? Yes No
If yes, please describe _____
7. Does this interfere with your lifestyle? Yes No
If yes, please describe: _____
8. Have you experienced difficulty or problems with your bladder, urinating, or incontinence before?
 Yes No If yes, when? _____
9. Is there any family history of bladder problems or incontinence? Yes No
If yes, indicate family member, type of problem, onset, and duration: _____

10. When does the condition occur? Day Night
11. The urination stream is:
 Slow Sprays Drops Dribbles
 Small Starts and Stops Slow and hard to start
12. What color is your urine (yellow, green, straw, amber, brown, black, etc.)? _____
13. What odor is associated with your urine?
 Faint Ammonia Offensive Acetonic None
14. Is your urine: Clear Cloudy
15. How many glasses of liquids (coffee, tea, water, juice, milk) do you drink per day? _____

16. (Optional): Type of incontinence present:

_____ Stress – The leakage of small amounts of urine due to increased (intra-abdominal) pressure from physical activity, coughing, sneezing, or body position.

_____ Functional - Inability/unwillingness of person with normal bladder sphincter to reach toilet in time.

_____ Urge - Involuntary loss of urine associated with a strong desire to void triggered by emotional factors, body position changes, or sight and sound of running water. (involving both motor and sensory tracts).

_____ Total urination without warning – Individual may not be aware of voiding.

_____ Reflex – (Spastic hypertonic automatic) resulting from lesions in the spinal cord

CB/bam (12-02-88)

Adapted from The Duluth Clinic Ltd., Gerontology Department

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