**Suggested Answers to Assignments, Chapter 25, Assisting With Urinary and Bowel Elimination**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Students will complete Chapter 25 of *Lippincott Workbook for Nursing Assistants.* | 1–12 |
| Assignment #2. Students’ responses could include whether or not this was discussed openly, if it was embarrassing, if there was concern about privacy, if it was considered disgusting or repulsive. Words used could include:   * Wee wee * Number 1 * Pee or peepee * Potty * Tinkle * Poop * Number 2 * BM * Many other terms not often mentioned in public | 2 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Demonstrate and observe students practicing the procedures in Chapter 25 using the procedure check-off lists in *Lippincott Workbook for Nursing Assistants*. | 5, 6, 11 , 12 |
| Assignment #2. Students’ discussion should include:   * Encourage plenty of liquids if not on fluid restriction * Answer call lights promptly and assist when asked, to avoid accidents * Encourage persons to call when they first feel the urge to urinate or have a bowel movement * Offer the chance to eliminate frequently * Provide for privacy and comfort * Do not rush the person * Offer warm fluids to drink, if not on fluid restriction, to stimulate the bowels to empty * Encourage regular exercise and fiber-rich foods to promote regular bowel movements | 3 |
| Assignment #3. Students’ discussion should include the five types of urinary incontinence.   * Stress incontinence   + Leaking of urine with stress on the bladder * Urge incontinence   + Involuntary release of urine right after feeling a strong urge to void * Functional incontinence   + Occurs in the absence of physical or nervous system problems * Overflow incontinence   + Occurs when the bladder is too full of urine, often as a result of urinary retention * Reflex incontinence   + Results from damage to the nerves that enable control of urination   Methods used to assist people with incontinence should include:   * Incontinence pads and briefs * Condom catheters * Bladder training * Temporary or permanent catheterization | 7 |
| Assignment #4. Provide the students with samples of different types of enemas. Discussion should include the following:   * Cleansing enemas remove stool from the lower end of the colon   + Tap water or saline     - Softens stool     - Stimulates peristalsis   + Soapsuds     - Irritate the bowel lining     - Stimulate peristalsis * Oil retention enemas help remove fecal impaction   + Oil lubricates inside intestines and stool   + Makes stool easier to pass * Commercial enemas make stool easier to pass   + 120 mL of solution that irritates the intestinal mucosa to promote peristalsis   + Solution is absorbed into stool to make it easier to pass | 10, 11 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students watch Module 10 of *Lippincott Video Series for Nursing Assistants*. | 1–11 |
| Assignment #2. Students should assist patients or residents with urinary and bowel elimination, and document in the appropriate location in the medical record. Observations students should report to the nurse include:   * Cloudy urine * Particles in urine * Abnormal color or odor of urine * Person complains of dysuria, frequency, and/or urgency * Person needs to get up more frequently during the night * Person having incontinence accidents or more frequent incontinence * Diarrhea or constipation * Excessive flatulence * Blood or mucus in the stool * Black or dark green stools * Foul-smelling stools * Complaint of pain or difficulty passing stool * Bleeding from the anus before and/or after elimination * Swollen abdomen or complaint of abdominal pain * Person complains of liquid feces “seeping” from the anus | 4, 7, 9 |
| Assignment #3. Students should provide ostomy care following procedure, document the following, and report significant observations to the nurse:   * Date and time stoma care was done * Type of care given * Type of ostomy appliance used * Condition of the skin around the ostomy * Amount, color, and characteristics of the feces * Any abnormal observations reported to the nurse | 12 |

| Web Assignments | Learning Objective(s) |
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| Assignment #1. Students can enter “infection and urinary catheters” to find such web sites as:  <https://search.cdc.gov/search/?subset=eid&query=urinary+catheter+infections&utf8=%E2%9C%93&affiliate=cdc-main&sitelimit=wwwnc.cdc.gov%2Feid%2F> | 6 |
| Assignment #2. Students can enter “bladder training methods” to find such web sites as:  <https://www.webmd.com/urinary-incontinence-oab/bladder-training-techniques#1> | 7 |