**Guided Lecture Notes, Chapter 25, Assisting With Urinary and Bowel Elimination**

Learning Objective 1. Describe two methods the body uses to eliminate waste products. (Refer to **PowerPoint slide 2**.)

* Introduce and briefly describe the two primary ways that the body eliminates waste.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. Discuss attitudes that people may have regarding the processes of urinary or bowel elimination. (Refer to **PowerPoint slide 3**.)

* Discuss the different attitudes that people may have regarding urinary and bowel elimination and explain how this may affect a person’s elimination patterns while in a health care setting.
* Have students share attitudes that they have that may affect elimination patterns in a public restroom or health care setting.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. Explain why normal urinary and bowel elimination is essential to health and actions the nursing assistant can take to promote normal elimination. (Refer to **PowerPoint slides 4 to 25**.)

* Discuss the different types of assistance with elimination that may be required by a patient or resident.
* Show examples and describe the common types of equipment used in a health care setting to assist a person with elimination needs. Discuss the reasons why this special equipment is used and also state the precautions to be taken while using this equipment.
* Discuss situations that can cause a person in a health care facility to experience problems with elimination.
* Discuss how, as a nursing assistant, you can help promote normal elimination for your patients or residents.
* Have students discuss various scenarios that might lead to a patient or resident feeling embarrassed.
* Discuss the proper way for a nursing assistant to approach helping a patient or a resident with elimination.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. List normal characteristics of urine and describe observations that a nursing assistant may make when assisting a person with urinary elimination that should be reported to the nurse. (Refer to **PowerPoint slides 39 to 49**.)

* Discuss briefly the structure and function of the urinary system and describe the various terms used to describe urination.
* Discuss the changes that can be noted when observing the urine. Introduce the term *hematuria* and explain how it is detected.
* Explain how awareness of a patient’s or resident’s normal urinary pattern allows the nursing assistant to recognize abnormal changes.
* Explain the following terms associated with voiding: *frequency*, *urgency*, *nocturia*, and *dysuria*.
* Discuss the factors that affect the frequency of voiding.
* Explain the following terms associated with urine output: *oliguria*, *polyuria (diuresis)*, *anuria*. Discuss possible causes of alterations in urine output.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Demonstrate methods used to measure and record urinary output. (Refer to **PowerPoint slides 50 to 54**.)

* Discuss how nursing assistants measure urine output.
* Show the students a graduate and demonstrate the proper method of using a graduate to measure urine. Emphasize the use of standard precautions.
* Discuss the methods used to monitor a person’s urine output.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. Describe the use of urinary catheters and demonstrate how to provide routine catheter care. (Refer to **PowerPoint slides 55 to 70**.)

* Describe what a urinary catheter is. Give examples of different situations when a urinary catheter would be used.
* Discuss the various types of urinary catheters and explain when they are used. Show the students a straight catheter, an indwelling catheter, and a suprapubic catheter.
* Discuss the types of drainage bags that are used in the health care setting.
* Discuss the importance of securing and coiling the tube and positioning of the drainage bag while using an indwelling catheter. Demonstrate the manner in which the tube is coiled and secured while using an indwelling catheter.
* State the reasons why a urine drainage bag should not be disconnected.
* Discuss the general guidelines for taking care of a person with an indwelling catheter.
* Discuss why a person with an indwelling catheter is more likely to develop an infection and explain the procedure for providing catheter care. Demonstrate how to perform catheter care using anatomically correct mannequins.
* Discuss the procedure for emptying a urine drainage bag.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. Describe five types of urinary incontinence and methods the nursing assistant uses to assist people who are incontinent of urine. (Refer to **PowerPoint slides 71 to 80**.)

* Explain the term *urinary incontinence* and explain some of the situations that can lead to either temporary or permanent incontinence.
* Discuss the emotional and physical problems that may arise due to urinary incontinence.
* Explain the following types of incontinence: *stress incontinence*, *urge incontinence*, *functional incontinence*, *overflow incontinence*, and *reflex incontinence.*
* Show students examples of an incontinence pad, an incontinence brief, a bed protector, female catheter, and a condom catheter. Explain how these products are used in the management of urinary incontinence.
* Demonstrate how to apply a condom catheter using an anatomically correct mannequin.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Discuss the process of bowel elimination and characteristics of normal stool. (Refer to **PowerPoint slides 81 to 86**.)

* Briefly describe the structure and function of the digestive system. Introduce the terms *chyme* and *peristalsis*.
* Discuss why it is important to observe the stool for changes in color and consistency.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 9. Define problems with bowel elimination that are often seen in the health care setting. (Refer to **PowerPoint slides 87 to 106**.)

* Discuss the factors influencing a person’s bowel elimination pattern.
* Explain some of the problems with bowel elimination faced by patients or residents in the health care setting: diarrhea, constipation, fecal impaction, flatulence, and fecal incontinence. Discuss how to help patients or residents suffering from these problems.
* Discuss bowel training.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 10. List the types of enemas and discuss reasons why a person may require an enema. (Refer to **PowerPoint slides 107 to 112**.)

* Discuss why an enema may be necessary. List and explain the different types of enemas used in the health care setting.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 11. Demonstrate proper technique for assisting with urinary and bowel elimination, obtaining urine and stool samples, providing catheter care, and administering enemas. (Refer to **PowerPoint slides 28 to 36, 51, 111 to 116**)

* Discuss why it may be necessary to obtain a urine or stool specimen.
* List the points that a nursing assistant must consider before collecting any specimen—urine, feces, or any other body fluid.
* Describe some of the illnesses and disorders that can be diagnosed with urinalysis.
* Discuss the procedure for obtaining a routine urine sample.
* Discuss situations where doctor would ask for a midstream (“clean catch”) urine specimen.
* Discuss the procedure for obtaining a midstream (“clean catch”) urine specimen.
* Discuss how a nursing assistant can do routine urine testing.
* Show students the equipment needed to collect a urine specimen. Show them how to remove the lid and how to handle the container in a way that prevents contamination of the inside.
* Discuss the procedure for collecting a stool sample.
* Discuss the frequency of recording urine output of patients or residents.
* Discuss the procedure for administering an enema.
* Discuss the following points:
* Precautions to be taken before administering an enema
* Precautions to be taken while administering an enema
* Position in which an enema should be administered
* Have examples of the different types of enema administration equipment available to show students.
* Discuss rectal suppositories and state the reason why they are used.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 12: Demonstrate how to provide routine stoma care. (Refer to **PowerPoint slides 117 and 122**.)

* Discuss why it is necessary to provide routine stoma care.
* List the points that a nursing assistant must consider before providing routine stoma care.
* Discuss the procedure for providing routine stoma care.
* Have learners refer to learning activities located at the end of the chapter.