Understand NAI skills needed to provide care for residents' elimination and urination needs.
6.02 Introduction

**Elimination** is the process of expelling solid wastes made up of the waste products of food that are not absorbed into the cells of the body.

**Urination** is the passage urine from the bladder to the outside of the body.

Urine is made up of water and waste products filtered from the blood by the kidneys.
Residents often require assistance from the nurse aide in caring for elimination and urination needs. Reviews of the body systems involved assist the nurse aide in understand the importance of these excretory functions.
There is intentional repeat of some HSII course content in Nursing Fundamentals.

Repeating course content distributes learning over time and increases long term memory.

Academic and skill competence must be maintained at a very high level for direct resident care.

Be GREEN. Recycle knowledge and build on it!
Digestive System

An excretory system
Digestive System

• AKA gastrointestinal system

• Extends from mouth to anus

• Functions
  – Digestion
  – Absorption
Digestive System - Structures

- **Mouth**

- **Stomach** – holds food until digestive juices chemically break it down into liquid chyme
Intestines

- small intestine
  - about 20 ft. long
  - food digestion completed and nutrients absorbed into bloodstream
Intestines

- Large intestine
  - 6 ft. long
  - absorbs water, mineral salts and vitamins
  - secretes mucus to aid in movement of feces
  - has ability to add or remove water from feces
- **Liver** – produces bile for breakdown of fats
- **Gallbladder** – stores bile produced by liver
- **Pancreas** - manufactures insulin and digestive enzymes
Digestive System – Common Diseases

D Ulcer - a lesion or erosion of the lining of the stomach or small intestine

D Hepatitis – inflammation of the liver

D Cirrhosis – chronic disease of liver where scar tissue replaces liver tissue

D Cholelithiasis - stones in the gallbladder
Pancreatitis – inflammation of the pancreas
Cholecystitis – inflammation of the gallbladder
Colitis – inflammatory disease of the colon
Digestive System – Common Diseases

- **Gastritis** – inflammation of the stomach lining
- **Enteritis** – inflammation of the intestines
- **Gastroenteritis** - inflammation of the stomach lining and intestines
Digestive System – **Common Diseases**

**D** Cancer - may occur anywhere along digestive tract

**D** Hernia – protrusion of organ through wall of cavity where it is normally contained
**Digestive System – Common Diseases**

**Diverticulosis** - chronic disease in which many diverticula (small blind pouches) form in the lining and wall of the colon

**Diverticulitis** – inflammation of diverticula
Digestive System – Common Diseases

D Diarrhea – watery bowel movements

D Constipation - difficulty in expelling fecal material; incomplete or infrequent bowel movements - severe constipation leads to a FECAL IMPACTION

D Hemorrhoids - enlarged veins in anal area ★ Care Point
Digestive System – FECAL IMPACTION
Be extra careful when inserting a thermometer, enema tip, or when cleaning the rectal area of a resident with hemorrhoids!
Digestive System – Changes Due to Aging

• Loss of teeth and decreased number of taste buds
• Decrease in amount of digestive enzymes and saliva production
• Difficulty chewing and swallowing
• Altered taste and smell
• Decreased appetite
Digestive System – Changes Due to Aging

• Slower absorption of nutrients
• Slowing of peristalsis causing constipation
• Loss of bowel muscle tone
Digestive System – Observations

- Stool color and consistency
- Abdomen – flat or distended
- Date/time of last bowel movement
- Nausea and/or vomiting
Blood in emesis or stool
Complaint of pain in stomach
Difficulty swallowing
Poor appetite
Constipation and/or diarrhea
DIGESTIVE SYSTEM ...

HAVE WE GOT IT?
LET'S CHECK AND SEE

STICK DIAGNOSTICS
NAI SKILLS
Related to the Digestive System
Training Lab Assignment
Engage in the Skill Acquisition Process for:

**SKILL 6.02A**
Assist with use of bathroom
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 6.02B
Assist with bedside commode (BSC)
Training Lab Assignment
Engage in the Skill Acquisition Process for:

**SKILL 6.02C**
Assist with bedpan
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 6.02D
Apply adult briefs
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 6.02E
Administer cleansing enema
Bowel Retraining
Incontinence: Inability to control defecation

- Embarrassing for resident
- Uncomfortable
• Information collected:
  ▪ bowel pattern before incontinence
  ▪ present bowel pattern
  ▪ dietary practices

• Plan developed to assist to return to normal elimination pattern and

• Recorded on care plan
Participants in plan

- resident
- family
- all staff members
Bowel Retraining - **Guidelines**

G **Enemas** may be ordered by physician and given by nurse aide, as directed by supervisor.

G **Regular, specific times** to evacuate bowels established.

G **Fluids** encouraged on regular basis.
Bowel Retraining - Guidelines

G High bulk foods given, (if not restricted)

– fruits
– vegetables
– bread
– bran cereals
Bowel Retraining - Guidelines

G Bowel aids ordered by physician and administered by licensed nurse only:
  • laxatives
  • suppositories
  • stool softeners

G Regular exercise encouraged
C Offer bedpan on set schedule
C Assist to bathroom when request is made
C Provide privacy
C Display unhurried attitude
C Offer warm drink
C Be patient
C Encourage with positive remarks
C Do not scold when accidents happen (this is verbal abuse)
C Check on resident frequently
SKILL 6.02F
Collecting a stool specimen
DIGESTIVE SYSTEM
RELATED NAI SKILLS

HAVE WE GOT IT?
LET'S CHECK AND SEE

STICK DIAGNOSTICS
Urinary System

An excretory system
Kidneys:

- Purplish brown, bean-shaped organs
- Located at back of abdominal cavity
- Weighs 4-6 ounces each
Urinary System - Structure

- **Ureters** - tubes that carry urine from kidneys to bladder
- **Urinary bladder** - muscular sac that expands to hold urine received from the kidney
- **Urethra** - tube extending from bladder to outside of body
Urinary System - Functions

- Filters waste products from blood
- Produces urine
- Aids in maintenance of water balance
- Regulates acid-base balance of body
- Stores urine until passed from body
Characteristics of Normal Urine

- ✔ Pale yellow to amber
- ✔ Clear (not cloudy)
- ✔ Acidic / pH 5.0 – 7.0
- ✔ Quantity (output)
  1000-1500 ml. per day
• **Nephritis** - inflammation of kidney due to infection
• **Cystitis** - inflammation of urinary bladder due to infection
• **Calculi** – kidney or bladder stones
Urinary System

Common Disorders

• **Uremia** - accumulation of urea in blood due to kidney disease

• **Urethritis** - inflammation of the urethra
• **Kidney failure** – decreased ability of kidney to filter waste products from the blood

• **Urinary incontinence** - inability to control urination
Urinary System

Common Disorders

• **UTI** - Urinary Tract Infection
• **Retention** - inability to completely empty the bladder
• **Hematuria** - blood in the urine
Urinary System
Affects of Aging

- Decreased kidney size
- Decreased elasticity of ureters, bladder and urethra
- Decreased muscle tone
- Diminished blood flow to kidneys
Urinary System
Affects of Aging

- Decreased ability of kidneys to concentrate urine
- Difficulty emptying urinary bladder
- Enlarged prostate in males which presses on urethra
✓ Elevated temperature

✓ Sugar and/or acetone in urine
  (NAlIs may check blood sugar via finger stick)

✓ Urine color other than clear, pale yellow
✓ Complaint of burning on urination
✓ Incontinence
✓ Polyuria - excessive amounts of urine per voiding
✓ Hematuria - blood in urine
✓ Nocturia – excessive urination at night
✓ Urine having strong odor or cloudy appearance
✓ Voiding small amounts of urine frequently
URINARY SYSTEM...
HAVE WE GDT IT?
LET'S CHECK AND SEE

STICK DIAGNOSTICS

Student Name A

Student Name B
NAI SKILLS
Related to the Urinary System
SKILL 6.02G

Assist resident with urinal
Urinary Bladder Retraining
 Urinary System

Bladder Retraining

• Plan developed to assist to return to normal voiding pattern
• Recorded on care plan
• Staff must be consistent and follow plan
Urinary System

Bladder Retraining

• **Individualized plan includes:**
  
  – schedule that specifies time and amount of fluids to be given
  
  – schedule for attempting to void
Urinary System

Bladder Retraining **Guidelines**

- **Get resident’s cooperation**
- **Record incontinent times**
- **Provide with opportunities to void:**
  - when resident awakens
  - one hour before meals
  - every two hours between meals
  - before going to bed
  - during night, as needed
Urinary System

Bladder Retraining Guidelines

G Provide for comfortable voiding position
G Be supportive and sensitive
G Provide encouragement
G Offer fluids according to schedule
Urinary System

Bladder Retraining Guidelines

G Provide stimuli as needed:

– run water in sink
– pour water over perineum
– offer fluids to drink
– place hands in warm water
Urinary System

Bladder Retraining Guidelines

G Provide good skin care to prevent skin breakdown

G Retraining may take 6-10 weeks

– be patient
– be supportive
– ignore accidents
– respect resident’s feelings
Follow *facility procedure* for use of:

- incontinent pads
- adult protective pants
- incontinent briefs
BLADDER RETRIANING
HAVE WE GDT IT?
LET’S CHECK AND SEE

STICK DIAGNOSTICS

Student Name A

Student Name B
Indwelling Urinary Catheters
Indwelling Catheters

Balloons filled with fluid help prevent the catheter from slipping out of the bladder. Pulling on the catheter may damage soft tissue if the inflated balloon is pulled.
Care Point

Hold the catheter securely near the meatus to prevent tugging while cleaning the indwelling catheter.
Indwelling Catheters

- Used to continuously drain urine from bladder
- Inserted by licensed nurse or NA II after being ordered by physician
- Attached to tubing that connects to urinary drainage bag
Indwelling Catheters

When are they ordered?

– Residents with nerve injury:
  • following spinal cord injury
  • after stroke

– After surgery

– Some incontinent residents
Indwelling Catheters

Increased Risk of Urinary Tract Infections

- Urinary meatus and surrounding area must be kept clean
- Catheter care given at least daily and PRN
G Never pull on catheter

G Keep catheter tubing and drainage tubing free of kinks, so that urine can flow freely
Indwelling Catheters Guidelines

G Keep collection bag below bladder
G Attach collection bags to bed frame, never to side rail
G Never leave on floor
G Follow facility policy for securing catheter to resident’s leg without tension on catheter
Indwelling Catheters Guidelines

G Never disconnect catheter from tubing to drainage bag

G When emptying urinary drainage bag, never touch drain with measuring container or graduate
✓ Leakage
✓ Complaints of pain
✓ Burning
✓ Need to urinate
✓ Swelling
✓ Skin irritation
✓ Discoloration
When measuring urinary output note color, odor and appearance of urine.
INDWELLING CATHETERS

HAVE WE GOTT IT?
LET’S CHECK AND SEE

STICK DIAGNOSTICS
NAI SKILLS
Related to Catheters
Training Lab Assignment
Engage in the Skill Acquisition Process for:

**SKILL 6.02H**
Providing catheter care
Training Lab Assignment
Engage in the Skill Acquisition Process for:

**SKILL 6.02I**
Emptying a urinary drainage bag
Collecting a routine urine specimen
Routine Urine Specimens

• Collected for laboratory study
  – Aids physician in diagnosis
  – Evaluates effectiveness of treatment

• Laboratory requisition slip completed and sent to laboratory with each specimen
Routine Urine Specimens - Guidelines

G Wash hands carefully before and after collection of urine specimens

G Wear gloves

G Collect specimen at appropriate time

G Use proper container and do not touch inside of lid or container
Routine Urine Specimens - Guidelines

- Label container accurately and transport to laboratory as soon as possible.
- Tell resident not to have bowel movement or discard tissue in bedpan when collecting urine specimen.
Related SKILL
SKILL 6.02J
Collecting a routine urine specimen
Other Types of Urine Collections

1. Clean Catch Urine Specimen
2. 24-Hour Urine Collection
3. Straining Urine for Stones
Clean Catch Urine Specimen
AKA: Mid-Stream Specimen

Cleansing of perineum prior to collection of urine reduces number of microbes that may contaminate specimen.
Clean Catch Urine Specimen - Procedure

1. Follow standard precautions
2. Assure resident’s perineum is cleaned prior to collection
3. Instruct resident to begins voiding into appropriate receptacle and stop midstream
4. Place container in urine stream and collect specimen
All urine voided in 24-hour period collected

- Urine chilled on ice to prevent growth of microorganisms
- Some tests may require preservative
- Urine usually collected in dark colored gallon jug
24-Hour Urine Collection

Imperative that resident and staff understand procedure and exact time period for urine collection.
24-Hour Urine Collection - Procedure

1. Follow Standard Precautions
2. Begin test with resident’s bladder empty
3. Discard first voiding
4. Collect all voidings for next 24 hours
5. Restarted collection with new gallon jug if test is interrupted
Straining for Kidney Stones
Urine specimens/collections...

Have we got it?
Let’s check and see

Student Name A

Student Name B

Stick diagnostics
Condom Catheters
Condom Catheters

Description and Use

- External catheter used for incontinent men
- Made of soft rubber sheath that fits over penis with tubing connected to urinary drainage bag
- Ambulatory residents may prefer leg bags during day
- New condom catheter is applied daily
Observe penis for reddened or open areas and report to supervisor prior to new condom being application.
Related SKILL
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 6.02K
Apply a condom catheter
The Endocrine System

Endocrine glands secrete chemicals called hormones directly into the blood stream.

Why discuss it?
The Endocrine System

Endocrine System affects the function of the Urinary System and other body functions.
Endocrine System - Function

Secretes hormones that regulate:

- growth and development,
- metabolism and reproduction,
- and the immune response.
Diabetes Mellitus

The most common disorder of the endocrine system.
Diabetes Mellitus

- 80% of diabetics over 40 years of age
- Incidence increases as people age
- 5% of people over age 65 require treatment
Diabetes Mellitus

- USA has highest morbidity and mortality rates
- Disorder of carbohydrate metabolism with decreased insulin production from pancreas
Diabetes Mellitus

- Uncontrolled diabetes leads to damage to eyes, kidneys, circulation
- Diabetes characterized by consistent, elevated blood glucose levels requiring oral medication to stimulate pancreas or insulin injections
Diabetes Mellitus

Hypoglycemia

Low blood sugar
Diabetes Mellitus

Hyperglycemia

High blood sugar
Endocrine System – Changes Due to Aging

• Decrease in thyroid, parathyroid, adrenal and sex hormone secretions

• Decreased glucose tolerance (Diabetes M)

• Multiple physical changes due to decrease of sex hormones
Endocrine System – **Observations**

- Irritability & restlessness
- Nervousness
- Confusion
- Weight loss
- Diaphoresis
- Edema
- Excessive thirst
- Sweet, fruity odor to breath
Endocrine System – Observations

- Complaint of headache
- Drowsiness
- Rapid, weak pulse
- Low blood pressure
- Nausea or vomiting
-Flushed, dry, hot skin
- Excessive urination
Observations previously listed must be reported to the nurse.
ENDOCRINE SYSTEM & DIABETES

HAVE WE GOTT IT?
LET'S CHECK AND SEE

STICK DIAGNOSTICS

Student Name A

Student Name B
Understand nurse aide skills needed to care for residents' elimination and urination needs.