

Bladder Diary

Day 1 of 3

Date

Name of resident

Room number

Read instructions for use on page 4 of this document

[illegible]

Bladder Diary

Day 2 of 3

Date

Name of resident

Room number

Read instructions for use on page 4 of this document

[illegible]

Bladder Diary

Day 3 of 3

Date

Name of resident

Room number

Read instructions for use on page 4 of this document

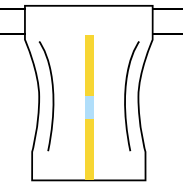
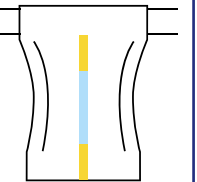
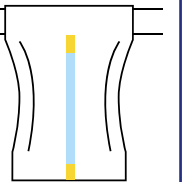
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Instructions for use

The TENA Bladder Diary is used for 3 consecutive days to collect information about toileting times and to estimate the amount of urine passed in the product. This is done by observing the wetness indicator. This information helps you choose the right absorption level and provides an indication on the best toileting times based on the resident’s individual needs. If you would prefer to use an digital voiding diary, see TENA SmartCare Identifi™

How to fill in the Bladder Diary

Time	Fluid Intake		Toilet Visit		Incontinence product checked or changed					Incontinence product removed	Other devices	Evaluation	Signature
E.g. 08.00	Type	Amount in mls	Insert urination volume in mls	Mark each BM with either: LBM = Large bowel movement SBM = Small bowel movement Add Bristol Stool Type	Wetness indicator < 50%  Mark wetness level with ✓	Wetness indicator 50%  Mark wetness level with ✓	Wetness indicator >75%  Mark wetness level with ✓	Faecal leakage in pad If yes, mark with with ✓	Leakage on clothing/ bedding If yes, mark with with ✓	Product removed incl. type, size and absorption level e.g. TENA Flex Plus Medium	Please clarify whether any of the following are being used such as Catheter in situ, Sheath, Supra Pubic Catheter, Faecal management system etc.	Comments e.g. Why leakage occurred or evaluation of pad used	
08.00	Water	300ml	160	LBM						TENA Flex Plus, Medium	Sheath	Resident was not toileted in time	Kenny
11.00	Water	200ml	90	SBM						TENA Pants Plus, Medium	Sheath		Kiara

How to interpret the results

Toilet visits

For the future: Consider if more toilet visits are needed or if timings should be changed? If the care plan recommends more toilet visits, then the absorbency level of the recommended incontinence product may be lower as urine will end up in the toilet instead of in the product. Encourage toilet visits after meals, especially after breakfast and before bedtime.

Bowel movements

Are there signs that bowel patterns need a thorough assessment? For example small, irregular bowel movements or movements at night indicate a bowel management plan is needed. Liquid stool and signs of constipation are also important to act on. Use the Bristol stool chart 1-7 to describe stool type.

Incontinence product removed

Consider if these are the best changing times? Product changes in the middle of the night should be avoided.

Using the wetness indicator

The wetness indicator is a strip located in the crotch area of the incontinence product. The strip gradually changes colour from yellow to blue as it comes into contact with more urine. The changes in colour indicate how much urine is currently in the product and that a change may be appropriate. The results can also be used to see if a higher or lower absorbency level may be needed in the future, or if another changing time may be more suitable.

Less than 50% blue

A little urine detected. This indicates that in the future the product needed should have a lower absorbency level than that used during this recording.

50% yellow, 50% blue

Some urine detected. This indicates that in the future the product could be changed later or have a lower absorbency level than that used during this recording.

More than 75% blue

The product is full or almost full. This indicates the right time for a product change and right absorption level is being used. A lower absorption level would risk leakages.