



SUMO FUN

Interventions and Treatments



Bladder Rehabilitation/Bladder Retraining requires the resident to resist the sensation or urgency (strong desire to urinate), to postpone or delay voiding, and to urinate according to a timetable rather than to the urge to void

- intervals between voiding may be increased progressively.
- consists of education, scheduled voiding with systematic delay of voiding, and positive reinforcement.

Best Residents for this Program: residents who are fairly independent in activities of daily living, have occasional incontinence, and are aware of the need to urinate (not for cognitively impaired residents)

Prompted Voiding has three components:

- 1) regular monitoring with encouragement to report continence status;
- 2) prompting to toilet on a scheduled basis; and
- 3) praise and positive feedback when the resident is continent and attempts to toilet.

Best Residents for this Program: appropriate for cognitively impaired residents

Habit Training/Scheduled Voiding: scheduled toileting at regular intervals to match the resident's voiding habits

- includes timed voiding with the interval based on the resident's usual voiding schedule or pattern.
- timed voiding, usually every three to four hours while awake.
- Unlike bladder retraining, there is no systematic effort to encourage the resident to delay voiding and resist urges.

Best Residents for this Program: residents who cannot self-toilet may be candidates for habit training or schedule voiding programs



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