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Urinary incontinence - care for males using urine plastic sleeve



(Image source: <https://www.kingnet.com.tw/news/single?newId=43768>)

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All information above has been reviewed by Neurology specialists
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I. What is urinary incontinence?

Urinary incontinence is a symptom of lower urinary tract dysfunction, inability to consciously control the leakage of urine, which can be noticed and causes personal social or hygiene problems.

II. Reason:

There are many causes of urinary incontinence, which can be roughly divided into the following two types:

1. Temporary urinary incontinence:

Common causes such as: mental illness, infection, atrophic urethritis or vaginitis, delirium, limited mobility, constipation, etc. Or it may be caused by drugs (such as diuretics, sedatives, alcohol, or narcotics), diet (such as caffeine, alcoholic or non-alcoholic beverages, chocolate, peppers, or citrus fruits).

2. Chronic urinary incontinence:

- (1) Caused by changes in physical conditions, such as: pregnancy, childbirth, getting older, hypertrophy of the prostate gland, prostate cancer, and urinary tract stones.
- (2) Caused by neurological disorders, such as: Dementia, stroke, brain tumor, spinal cord disease, multiple sclerosis.

III. Classification and symptoms of urinary incontinence

Stress Urinary Incontinence

involuntary passing of urine when abdominal pressure increases, such as when coughing, sneezing, lifting heavy objects



Overflow Incontinence

excessive bladder fullness, involuntary leakage of urine, symptoms of frequent urination, urgency, difficulty urinating, weak urge to urinate, and unclean urination



Urge Urinary Incontinence

after feeling a strong urge to urinate, urine flows out involuntarily within a short period of time, with symptoms such as urgency, frequent urination, and liquid urination

Functional Incontinence

impaired mobility, dementia, abnormal consciousness, involuntary discharge of urine on certain occasions or discharge before reaching the toilet



Mixed urinary Incontinence

presence of symptoms of 2 or more types of urinary incontinence

(Image source: <https://hellyishi.com.tw/urological-health/urinary--incontinence-and-others-problems/what-is-urinary-incontinence/>)

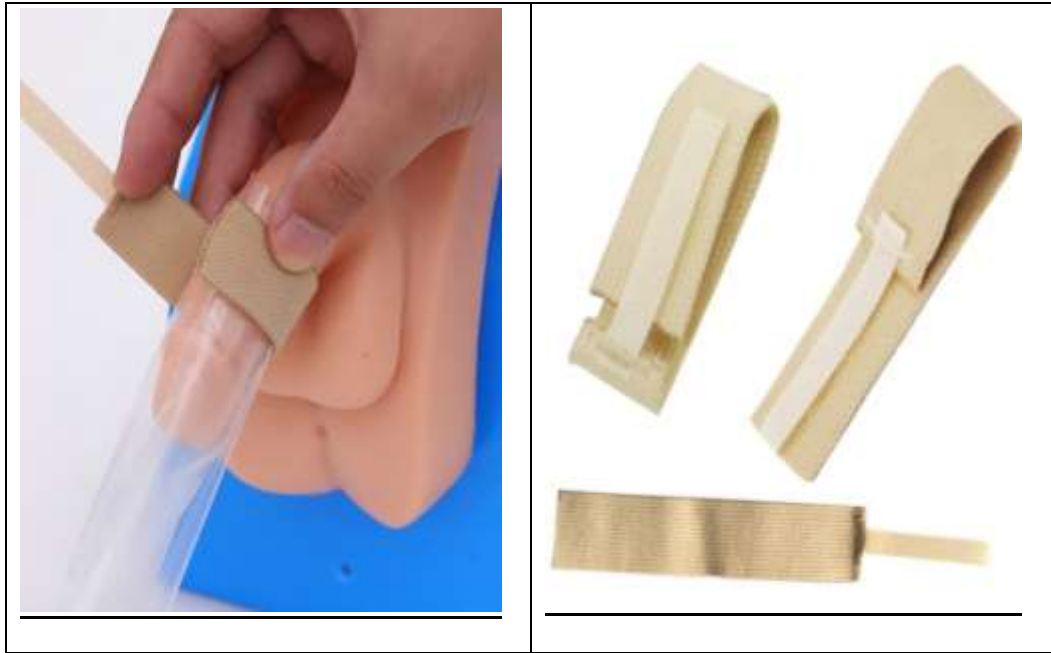
IV. How to use a diaper:

1. Materials: soap, water, urine sheath, gauze (or urine plastic sleeve fixing belt).



2.Steps for putting on urine plastic sleeve:

- (1) Wash your hands first, wash your perineum and penis with soap and water, and then dry them.
- (2) Gently cover the penis with a urine plastic sleeve, and tie the urine plastic sleeve to the penis with gauze (or urine plastic sleeve fixing belt). The gauze (or urine plastic sleeve fixing belt) should be fixed tightly and properly, so that the urine plastic sleeve can be pulled lightly without falling off. Do not overtighten as this can cause ulceration or enlargement of the penis.



(Image source: <https://shopee.tw>)








3. How to remove the urine plastic sleeve:

- (1) Wash your hands first, untie the gauze (urine plastic sleeve fixing belt), and remove the urine plastic sleeve.
- (2) After washing the penis with clean water, wipe it dry, keep it exposed for 10 minutes to dry it, and then put on a new urine plastic sleeve.

4. The location of the urine plastic sleeve

lie flat—between your legs	lie down—then set it in the direction of lying on your side

V. Caution:

<p>1. Keep the urine plastic sleeve straight and do not squeeze it to avoid leakage.</p>	
<p>2. If there is 60% full of urine, replace it with a new urine plastic sleeve.</p>	
<p>3. Do not let the urine flow backwards, so that the genitals are soaked in the urine.</p>	
<p>4. Do not reuse the urine plastic sleeve.</p>	
<p>5. Keep sheets, clothes, and body clean and dry.</p>	
<p>6. If there is no contraindication, about 2000ml of water should be added every day , to avoid urinary tract infection.</p>	
<p>7. Get the patient out of bed as early as possible.</p>	
<p>8. Normal urine is clear amber without sediment. The average hourly volume should not be less than 50cc. If the color and volume of the urine change or the urine cannot be dissolved, seek medical attention.</p>	

(Image source:<https://zh.lovepik.com/images/prohibition.html>)

9. For those who cannot control or have no sense of urination, it is usually necessary to lightly press the patient's abdomen with the palm of the hand every 4-6 hours to promote bladder emptying and reduce cystitis caused by urine retention.

10. If there is a small rash or sticky discharge on the front of the penis, the time of using the urine plastic sleeve should be reduced. Use the urinal during the day and reinstall the urine plastic sleeve at night. It is recommended that the length of the urine plastic sleeve is about 2 feet.

VI. Conclusion

The most important care principle for using a urine plastic sleeve is to keep it clean and avoid direct contact with urine, which can irritate the skin and cause inflammation. Therefore, it is very important to fix it correctly. If there is too much urine or leakage, it should be replaced immediately, so as not to cause skin redness and uncomfortable.

VII. References

Taiwanese Continence Society. (November 4, 2022). Nursing assessment of patients with urinary incontinence. Retrieved from http://www.tcs.org.tw/community/disease_info.asp?/676.html

Hsieh, P.L. (2021). Nursing care of urinary system diseases In Liu, X.E(Eds.), *Adult medical and surgical nursing (Volume II)* (8nd ed., pp. 850-857). Hua Xing.

Let's take a test to confirm that you have a thorough understanding.

1. Urinary incontinence is a symptom of lower urinary tract dysfunction in which urine leakage cannot be controlled by consciousness. It is detectable and can cause personal social or hygiene problems.

Yes No Have no idea

2. Symptoms of stress urinary incontinence are the involuntary discharge of urine when abdominal pressure increases, such as coughing, sneezing, lifting heavy objects, or exercising.

Yes No Have no idea

3. There is no need to clean your hands and perineum before putting on the diaphragm.

Yes No Have no idea

4. When using a diaphragm for men, you should pay attention to the fixed tightness. If it is too tight, it will cause ulceration or swelling of the penis.

Yes No Have no idea

5. The most important care principle when using a diaper is to keep it clean and avoid direct contact with urine, which may irritate the skin and cause inflammation. Therefore, it is important to fix it correctly. If there is excessive urine output or leakage, it should be replaced immediately to avoid redness of the skin. and discomfort.

Yes No Have no idea