

# URINARY INCONTINENCE NURSING CARE PLAN

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Interventions/Planning	Implementation	Rationale	Evaluation
<b>Subjective Data:</b> <ul style="list-style-type: none"> <li>You report frequent leakage when coughing or exercising.</li> </ul> <b>Objective Data:</b> <ul style="list-style-type: none"> <li>I observe episodes of leakage and note that your pelvic floor muscles appear weak.</li> </ul>	<b>Impaired Urinary Elimination</b> Due to decreased pelvic floor muscle strength.	<b>Short-Term:</b> <ul style="list-style-type: none"> <li>Within 24 hours, you will demonstrate improved control with scheduled voiding.</li> </ul> <b>Long-Term:</b> <ul style="list-style-type: none"> <li>You will experience fewer leakage episodes.</li> </ul>	<ul style="list-style-type: none"> <li>Begin bladder training and teach Kegel exercises.</li> <li>Monitor your urinary patterns closely.</li> </ul>	<ul style="list-style-type: none"> <li>Educate you on scheduled voiding and pelvic exercises.</li> <li>Record urinary output regularly.</li> </ul>	Bladder training and pelvic exercises help strengthen your muscles and improve control.	You report fewer leakage episodes, and your adherence to the exercise regimen is consistent.
<b>Subjective Data:</b> <ul style="list-style-type: none"> <li>You worry about skin irritation from urine exposure.</li> </ul> <b>Objective Data:</b> <ul style="list-style-type: none"> <li>I observe redness and mild irritation in the perineal area.</li> </ul>	<b>Risk for Skin Integrity Impairment</b> Due to moisture from urine exposure.	<b>Short-Term:</b> <ul style="list-style-type: none"> <li>Within 24 hours, maintain clean, dry, and intact skin.</li> </ul> <b>Long-Term:</b> <ul style="list-style-type: none"> <li>Prevent skin breakdown during recovery.</li> </ul>	<ul style="list-style-type: none"> <li>Provide proper perineal care using barrier creams.</li> <li>Educate you on daily hygiene practices.</li> </ul>	<ul style="list-style-type: none"> <li>Assist with perineal hygiene and apply barrier creams during dressing changes.</li> <li>Monitor your skin condition every 4 hours.</li> </ul>	Proper skin care prevents irritation and infection.	Your skin remains intact with reduced redness, and you report improved comfort.
<b>Subjective Data:</b> <ul style="list-style-type: none"> <li>You feel</li> </ul>	<b>Anxiety</b> Due to fear of	<b>Short-Term:</b> <ul style="list-style-type: none"> <li>Within 24 hours,</li> </ul>	<ul style="list-style-type: none"> <li>Offer emotional support and counseling.</li> </ul>	<ul style="list-style-type: none"> <li>Conduct individual counseling sessions</li> </ul>	Emotional support helps	You report decreased

<b>anxious about social embarrassment related to incontinence.</b> <b>Objective Data:</b> <ul style="list-style-type: none"> <li>• You express fear of public accidents and appear withdrawn.</li> </ul>	social embarrassment and loss of independence.	you will verbalize reduced anxiety and identify coping strategies. <b>Long-Term:</b> <ul style="list-style-type: none"> <li>• You will use effective coping methods and engage confidently in social activities.</li> </ul>	<ul style="list-style-type: none"> <li>- Teach relaxation techniques such as deep breathing and mindfulness.</li> <li>- Refer you to support groups if needed.</li> </ul>	and distribute stress management materials. <ul style="list-style-type: none"> <li>- Monitor your emotional state regularly.</li> </ul>	build confidence and reduces anxiety.	anxiety and show increased participation in social activities.
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