

## Bladder & Bowel Care: Female/Male Perineal Care



### Resident Skin/Peri Care Checklist

#### FEMALE CARE / MALE CARE

- Help resident flex knees and widen legs (if not able, may keep straight) or turn resident on side with legs flexed.
- Carefully wash one side of perineum at a time from front to back. / Carefully wipe the penis starting at the opening.
- Repeat procedure using clean area on cloth or use a fresh cloth. Pay attention to folds and groin area.
- Rinse (if soap used) and pat thoroughly dry (Note: pre-moistened wipes preferable.)
- Using separate cloth, wash lower abdomen or any other areas that may have been exposed to urine or feces.
- Reposition resident to side-lying position, cleanse anal and buttocks area with toilet tissue if excess fecal matter.
- Wash area from front to back.
- Repeat if necessary with clean area on cloth or use a fresh cloth.
- Rinse (if soap used) and pat dry.
- Apply barrier cream in thin layer to all skin-fold areas if recommended by facility protocol.
- Make resident comfortable.

#### NOTE:

- Wash hands before and after procedure.
- Use gloves if possible.

# Bladder & Bowel Care: Incontinence Exercise Program

The pelvic floor muscles support and help to close the tube that urine passes through called the urethra. These muscles can weaken to cause incontinence. If you lose urine when you cough or sneeze, the exercises below will help to strengthen the muscles to reduce incontinence.

## The Exercises

Some of these exercises are to be done on the floor and some while you sit on a firm chair with arms. You may want to use an exercise mat on the floor. You will also need a ball and an exercise band.

During all of these exercises, keep your breathing slow and easy. Repeat to yourself “**Inhale, relax. Exhale, tighten.**” to get the breathing pattern correct with each exercise.

### ❑ Pelvic Floor Exercises

1. Lie on your back with legs out straight. Keep your stomach, buttocks and thigh muscles relaxed during the entire exercise.
2. Breathe slowly. Notice your stomach rises when you inhale or take a breath in and your stomach falls as you exhale or breathe out.
3. As you exhale, tighten the muscles that you would use to stop the flow of urine. Hold for a count of 10.
4. As you inhale, release and relax.
5. Repeat 10 times.

### ❑ Transverse Abdominus Contraction

1. Lie on your back with your knees bent so your feet are flat on the mat. Breathe slowly.
2. As you exhale, pull your belly button up and in as if you are trying to zip up a tight pair of pants and hold.
3. Then inhale and relax your stomach muscles.
4. Repeat 10 times.



### ❑ Hip Adductor Roll

1. Sit on a firm chair and place a ball between your knees. Breathe slowly.
2. As you exhale, push your knees in on the ball and squeeze. You should feel your pelvic floor muscles tighten and your belly pull up and in.
3. Then inhale and roll or pull your knees out and relax.
4. Repeat 10 times.

After this becomes easy, begin to hold your ball squeeze for a count of \_\_\_\_ while keeping your normal breathing pattern.



### ❑ Hip Abductor Roll

1. Sit on a firm chair and secure an elastic band around your knees. Breathe slowly.
2. As you inhale, roll your knees out against the band. You should feel your pelvic floor muscles tighten and your belly pull up and in.
3. Then exhale and roll your knees in and relax.
4. Repeat 10 times.

After this becomes easy, begin to hold against the band for a count of \_\_\_\_ while keeping your normal breathing pattern.



### ❑ Combination Hip Adductor/Abductor Roll

1. Sit on a firm chair. Place the ball between your knees and place the elastic band around your legs above your knees. Breathe slowly.
2. As you inhale, roll out against the band to tightening your pelvic floor and pull your belly button up and in.
3. As you exhale, roll your knees in and squeeze the ball to tighten your pelvic floor and pull your belly button up and in.
4. Repeat this 10 times.



### ❑ Supine/Hook-lying Hip Roll

1. Lie on your back with your legs straight or bent with your feet flat on the mat. Breathe slowly.
2. As you inhale, roll your knees out slightly.
3. Then exhale and roll your knees in.
4. Repeat this 10 times.

Once this becomes easy, as you inhale, roll your knees out while rolling your heels toward each other. Then exhale, and roll your knees in while rolling your toes toward each other.

