STEP 2: PROMPTED VOIDING TRIAL

Instructions: Use this form to record results of wet checks and prompted voiding attempts with one resident for one day of the assessment trial. Each resident should receive prompted voiding every two hours between 8 am and 4 pm, for a total of 4 times on each day of the assessment trial. There is space below to record results for 4 wet checks and prompted voiding attempts. You will need to complete 2 or 3 of these forms per resident depending on whether the prompted voiding trial extends for 2 or 3 days.

Resident Name:_____________________ Employee Name:_______________________

Date:______________________________ Day of Trial: ___1st ___2nd ___3rd

Time: _____at 1st check ________at 2nd check ________at 3rd check ________at 4th check

1. Resident's condition at check (circle one for each check):

   1st check:                       2nd check:                       3rd check:                       4th check:
   Dry                              Dry                              Dry                              Dry
   Wet                              Wet                               Wet                               Wet
   Bowel                            Bowel                            Bowel                            Bowel
   Wet and bowel                    Wet and bowel                    Wet and bowel                    Wet and bowel

2. Toileting outcome (circle one for each check):

   1st check:                       2nd check:                       3rd check:                       4th check:
   Refused                          Refused                          Refused                          Refused
   Dry run*                         Dry run                          Dry run                          Dry run
   Urine                            Urine                            Urine                            Urine
   Bowel                            Bowel                            Bowel                            Bowel
   Urine and bowel                  Urine and bowel                  Urine and bowel                  Urine and bowel

* A “dry run” means that the resident attempted to toilet but failed to void.

3. Resident's reaction to checks and prompts (circle one for each check):

   1st check:                       2nd check:                       3rd check:                       4th check:
   Self-initiates                   Self-initiates                   Self-initiates                   Self-initiates
   Cooperates-neutral              Cooperates-neutral              Cooperates-neutral              Cooperates-neutral
   Cooperates-reluctant            Cooperates-reluctant            Cooperates-reluctant            Cooperates-reluctant
   Uncooperative                    Uncooperative                    Uncooperative                    Uncooperative

4. Level of assistance resident needed to toilet (circle one for each check):

   1st check:                       2nd check:                       3rd check:                       4th check:
   Independent                      Independent                      Independent                      Independent
   Stand-by asst.                   Stand-by asst.                   Stand-by asst.                   Stand-by asst.
   Needs help of 1 person           Needs help of 1 person           Needs help of 1 person           Needs help of 1 person
   Needs help of 2 persons          Needs help of 2 persons          Needs help of 2 persons          Needs help of 2 persons
ANALYZE RESULTS

When the prompted voiding trial is complete, calculate the following for each resident:

- **Appropriate toileting rate:** Divide the total number of successful toilets by the total number of toileting attempts, typically 8 for a two-day trial or 12 for a three-day trial. Multiply the quotient by 100 for a percentage.

Use this chart to guide interpretation of results:

- 76%-100% Excellent ability to toilet
- 66%-75% Good ability to toilet
- 50%-65% Fair ability to toilet
- 0%-49% Poor ability to toilet

Residents with an appropriate toileting rate above 66% should continue to receive prompted voiding.

Residents with appropriate toileting rates below 66% seldom show responsiveness with longer term applications of prompted voiding. Treatment options for these “non-responders” should be based on their pre- and post-trial answers to the *Toileting Motivation and Preference Assessment questions* (see our Forms page for this survey instrument) and their behavior during the trial.

Non-responsive residents who express a willingness to improve continence should be further evaluated to identify all problems that are potentially treatable by other interventions. As a general rule, any resident who attempts to toilet two times a day, even if unsuccessfully, should be considered motivated to stay dry and should thus receive a follow-up evaluation and after that, another prompted voiding trial.

About 10%-20% of non-responders will show no willingness to improve continence. In interviews, they express no desire to be either changed or toileted more frequently. In prompted voiding trials, they show or verbalize that toileting assistance is unwanted. These residents should be placed on a check-and-change program. No research findings to date suggest that other treatments will be more successful.

- **Wet rate:** Divide the total number of checks on which the resident was found wet by the total number of checks, then multiply by 100 to convert to a percentage. Use the wet rate to help construct a control chart for monitoring the prompted voiding program (see Step 4 of the incontinence management training module).

- Calculate the resident’s “average” reaction to checks and prompts and his or her “average” level of assistance needed to toilet to create a profile that can help you develop an appropriate plan of care for the resident.