

## I & O Worksheet

### 20:8 Catheter & Urinary Drainage Care – pg. 742

1. A hollow, narrow tube made of soft plastic or rubber that is inserted into the body is called a \_\_\_\_\_.
2. Foley catheters have a \_\_\_\_\_ at the end that can be filled with sterile water to hold the catheter in place.
3. There are several points that should be checked frequently in any urinary drainage unit.
  - The connection between the catheter and the drainage unit
  - The tubing is free from \_\_\_\_\_ or \_\_\_\_\_
  - The drainage bag is \_\_\_\_\_ the level of the bladder to avoid back flow and thus possible \_\_\_\_\_
  - The urine is flowing freely – use gravity
  - The catheter is taped/strapped to the patient's \_\_\_\_\_, so it doesn't become dislodged
  - The drainage unit is emptied frequently – at least every \_\_\_\_\_ hours
  - The draining bag is attached to the bed, not lying on the \_\_\_\_\_
  - No loops of the tubing are hanging below the drainage bag
  - The drainage tubing is above the level of urine in the unit
  - Patient complaints (burning, tenderness, irritation, etc.) should be immediately \_\_\_\_\_
4. List 3 observations that should be noted about the urine in the drainage bag.

### 20:9 Ostomy Care – pg. 748

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|-----------------------|--|
| _____ 1. Ostomy       | a. An opening into the small intestine; stools are frequent. Liquid, and may irritate the skin |
| _____ 2. Stoma        | b. An opening (hole) in the body   |
| _____ 3. Ureterostomy | c. An opening into the large intestine to drain stool  |
| _____ 4. Ileostomy    | d. The surgical procedure of creating a stoma  |
| _____ 5. Colostomy    | e. An opening into the ureters to drain urine  |

6. List 3 problems that can occur with the bag or pouch worn over a stoma.

7. Good stoma care is essential. A healthy/normal stoma should appear \_\_\_\_\_  
\_\_\_\_\_ & \_\_\_\_\_

### **20:10 Collecting Stool/Urine Specimens – pg. 752**

1. There are 2 reasons the first voided AM specimen is preferred for many tests:

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- The acid PH helps to preserve any cells present

2. To obtain a clean-catch urine specimen, you need:

- A sterile urine specimen container
- To thoroughly cleanse the genitalia with gauze squares containing a mild antiseptic (note females must always cleanse both outer & inner labia, and wipe from \_\_\_\_\_ to \_\_\_\_\_ ; males use a circular motion starting at the meatus & uncircumcised males must push back the \_\_\_\_\_ before cleaning
- A \_\_\_\_\_ catch. Void a few drops before collecting & don't collect the last few drops of urine

3. A stool sample may be used to check for colon can, ova & parasites, fats, microorganisms, etc. The sample should be placed in a special container, kept at \_\_\_\_\_ temperature, and examined within \_\_\_\_\_.

4. If an occult test on a stool sample comes back positive, what has been detected in the sample?