

Case Study 68

Name _____ Class/Group _____ Date _____

 Scenario

You are working in the emergency department (ED) when M.B., a 72-year-old man, comes in and states he is unable to void. His initial vital signs (VS) are 168/92, 88, 20, 98.2° F (36.8° C).

1. Are M.B.'s VS appropriate for a man of his age? If not, offer a rationale for the abnormal readings.


2. Given M.B.'s statement, what would you expect to find during your initial assessment?

CASE STUDY PROGRESS

While you are taking M.B.'s history, he tells you he is generally in good health and leads an active life. His current medications include finasteride (Proscar) 5 mg/day and vitamin supplements. He reports that he has been unable to void for 12 hours and is very uncomfortable. He asks you to help him.

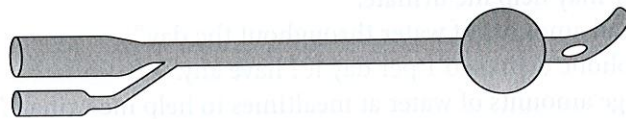
3. Which of these statements best describes the therapeutic effect of the finasteride?
 - a. It reduces urinary flow.
 - b. It strengthens the detrusor muscle.
 - c. It reduces the size of the prostate gland.
 - d. It causes relaxation of the urinary sphincter.

4. What do you need to know about the history of his use of the finasteride?

-  5. If you are going to administer the finasteride, what precautions are necessary?

6. What are your priorities for this patient?
7. After examining M.B., the ED physician asks you to insert an indwelling urethral Foley catheter. What will you include in M.B.'s teaching before placing the Foley?
8. You have just finished providing peri-care and are preparing to insert the Foley catheter. Put in order the steps to follow when inserting a Foley catheter, with 1 being the first step:
- ___ a. Apply sterile gloves.
 - ___ b. Anchor the catheter to the patient's inner thigh.
 - ___ c. Ensure that the drainage bag is secured to the bed, below the level of the bladder.
 - ___ d. Position and drape the patient.
 - ___ e. Cleanse the urethral meatus, following the proper procedure for a male patient.
 - ___ f. Open lubricant container, antiseptic container. Most catheter manufacturers no longer recommend testing the balloon.
 - ___ g. Inflate the balloon fully with the amount of fluid recommended for the catheter.
 - ___ h. Gently insert the catheter 7 to 9 inches (17 to 22.5 cm) or until urine flows into the catheter tubing, then insert catheter at least 1 inch further.
 - ___ i. Perform hand hygiene.
 - ___ j. Lubricate catheter.
 - ___ k. Open the catheterization kit and place the underpad, if present, under the patient.
9. After two unsuccessful attempts to advance the catheter into the bladder, you stop. What is your next intervention? Why? What could be causing this problem?

10. The ED physician successfully inserts the indwelling catheter with the use of the type of catheter illustrated in the accompanying figure. What type of catheter is this, what is its advantage in this situation, and how is it inserted?



11. As the physician begins to inflate the catheter balloon, M.B. winces in pain and states, “Ouch, you’re hurting me!” What happened, and what will the physician do?
12. You watch the urine drain into the bag and note that the amount is approaching 500 mL. What do you do at this time?
13. After the catheter is in place, the ED physician writes orders to discharge M.B. with instructions to see his primary care provider (PCP) on the following day. It is your responsibility to give discharge instructions. Outline your care plan.
14. The next day, M.B. is seen by his PCP, who changes M.B.’s medication to alfuzosin (Uroxatral). The catheter will be discontinued 2 days later. What teaching is essential regarding this new medication?
- Alfuzosin needs to be taken in the morning.
 - M.B. needs to take each dose on an empty stomach.
 - This medication might cause fainting when he first starts taking it.
 - M.B. can stop taking the alfuzosin once the urinary symptoms subside.

15. You provide teaching on managing episodes of urinary retention. You use the Teach-Back technique and ask M.B. to teach back the concept he has learned. Which statement by M.B. indicates a need for further teaching?
- a. "A warm shower may help me urinate."
 - b. "I will drink small amounts of water throughout the day."
 - c. "I will limit alcoholic drinks to 1 per day if I have any."
 - d. "I will drink large amounts of water at mealtimes to help me urinate."

CASE STUDY OUTCOME

M.B. is discharged but continues to have difficulty emptying his bladder. He is referred to a urologist who eventually recommends surgery for an enlarged prostate gland.