

# BLADDER ULTRASOUND

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- BLADDER ULTRASOUND IS A NON-INVASIVE AND RELIABLE METHOD TO DETECT AND ESTIMATE BLADDER VOLUME. (ADDISON 1999)

## INDICATIONS FOR ULTRASOUND BLADDER SCAN

- AS INDICATED BY CONTINENCE ASSESSMENT
- FOLLOWING A REFERRAL TO THE CONTINENCE SERVICE FOR AN ESTIMATION OF RESIDUAL URINE
- TO ASSESS THE DEGREE OF RETENTION PRIOR TO CATHETERISATION
- TO ASSESS VOLUME OF URINE IN THE BLADDER IF A CATHETER IS FAILING TO DRAIN
- FOLLOWING TRIAL WITHOUT CATHETER TO ELIMINATE RESIDUAL URINE
- PRIOR TO TEACHING ISC (TO DETERMINE IF THE PROCEDURE IS NECESSARY)
- TO MONITOR THE ACTION OF MEDICATION-ANTICHOLENERGIC THERAPY

## BENEFITS OF USING BLADDER ULTRASOUND

- NON INVASIVE TECHNIQUE
- REDUCES RISK OF INFECTION DUE TO THE ALTERNATIVE METHOD OF CATHETERISATION
- IT IS QUICK AND EASY PROCEDURE TO PERFORM
- REDUCES PATIENT ANXIETY
- EASY TO USE WITH CHILDREN
- EQUIPMENT IS PORTABLE ENABLING THE PROCEDURE TO TAKE PLACE IN THE PATIENTS HOME OR CLINIC SETTING
- REDUCES INAPPROPRIATE CATHETERISATION AND PRESCRIBING COSTS
- ENHANCES THE PRACTICE OF THE CONTINENCE PROMOTION TEAM
- GIVES THE PATIENT BIO-FEEDBACK

## WHO CAN CARRY OUT AN ULTRASOUND BLADDER SCAN

- A REGISTERED NURSE, DOCTOR OR HEALTH CARE PROFESSIONAL
- HEALTH CARE ASSISTANT NVO LEVEL3 WITHIN THE CONTINENCE PROMOTION TEAM ( TO DETERMINE BLADDER VOLUME ONLY)
- COMPETENCY SHOULD BE ACQUIRED THROUGH EDUCATION FOLLOWED BY OBSERVATION IN THE CLINICAL SETTING. THE PRACTITIONER MUST FEEL BOTH CONFIDENT AND BE COMPETENT IN THE CLINICAL PROCEDURE AND TAKE INTO ACCOUNT THEIR OWN PROFESSIONAL ACCOUNTABILITY.

## CONSENT, EXCLUSIONS AND PRECAUTIONS

- CONSENT SHOULD FOLLOW YOUR LOCAL PCTS POLICY
- DO NOT PERFORM THE PROCEDURE WITHOUT PATIENT CONSENT
- DO NOT PERFORM THE PROCEDURE IF YOU ARE NOT COMPETENT OR CONFIDENT IN DOING SO
- CARE SHOULD BE TAKEN WITH PATIENTS WHO HAVE RETENTION OF URINE (THEY MAY FIND IT UNCOMFORTABLE WHEN GENTLE PRESSURE IS APPLIED)
- IF A PATIENT HAS A WOUND ON THE SCANNING SITE
- THE PROBE HEAD HAS BEEN DAMAGED OR DROPPED

## FALSE READINGS

- VOLUMES OVER 1000MLS MAY NOT SHOW UP AND THOSE UNDER 100MLS MAY NOT BE ACCURATE
- IF THERE IS A FLUID FILLED CYST IN THE BLADDER AREA
- OBESITY OR ADVANCED PREGNANCY AND LOWER ABDOMINAL SCARRING OVER THE SCANNING AREA
- POSSIBLE ALTERED SHAPE OF THE BLADDER FOLLOWING SURGERY OR IF THERE ARE BLOOD CLOTS OR STONES IN THE BLADDER
- IF A FOLEY CATHETER IS IN SITU, OR THERE IS AN INTRAVESICAL MASS, THE BLADDER WILL NOT BE STANDARD SHAPE