SAMPLE ONE YEAR CONTINENCE MANAGEMENT PLANNER

YEAR 2001

Jenny is 25. She is extremely fit and healthy, and plays A grade wheelchair tennis. She is an administration assistant in a legal firm. Her continence management routine is:

- Cathing 4 times a day
- Weekly dipsticking of urine with a nitrite stick to check for a UTI
- 2 hourly continence pad change
- Very careful diet management, and lots of water intake
- Microenema 2-3 times a week
- Regular checkups.

Even though Jenny is healthy she knows that prevention is better than cure.
This is her continence health planner.

SPECIALIST	NAME
My local doctor/General Practitioner (GP)	Dr. Sally Jones
My Urologist	Dr Peter Brown
My Continence Nurse/Stomal Therapist	Ms. Jeanette Petersen
My Renal (kidney) specialist	Mr. Colin Fredericks
Spina Bifida Clinic contact details	Jenny Vagg (Coordinator)
Other - Neurologist	Dr. Susan Andrews
Other	

N.B. all names are fictitious.

JAN	15th - Made appointments for the annual renal ultra-sound, nuclear medicine scan, blood tests - for Jan 28th. 28th - All tests done. Available in a week. Made appointment to see Dr. Peter Brown Feb 8th.	Reminders to mention to Dr. Brown Feb 8th.: 1) last UTI was 4 months ago, course of Keflex worked fine; 2) have noticed more urine overflow between catheters and less through catheter in mornings.	**JULY**	11th - One month since UTI and still clear.	COMMENTS
FEB	8th - Dr. Brown - Good/bad news. Made appt for Feb 14. 14th - Had MRI. Get results in 2 days. 16th - MRI results - my spinal cord is a bit more tethered than the one done 3 years ago. Brain looks good though; no shunt probs. Dr. Andrews wants me to closely watch for: any pain in moving around; see if worsening in bladder output. See again 6 months. Made appt for August 26.	Good: renal ultrasound and nuclear medicine scan show kidney function same as last year, & pressures fine. Blood tests normal. Not happy about being wetter between caths. Mentioned cord tethering and have to get an MRI and see neurosurgeon. Apparently changed cord tethering can make bladder 'weaker'.	**AUG**	23rd - Had a long chat with John [boyfriend] tonight. 26th - Saw Dr Andrews.	Went over stuff for Dr Andrews follow up on 26th. No pain; mobility about the same; definite improvement in amount of urine the bladder is holding. Just monitor! Hooray.
MAR		COMMENTS	**SEPT**		COMMENTS
APRIL	26th - Regular 'once over' at sb clinic. No dramas.	Jeanette reckons that I shouldn't be having any bowel accidents at all now. Has suggested that I consider Malone stoma for downward washout. Having a stoma doesn't sound too bad. I got the web address of a simple article. Note: speak to Dr Brown about it and get a referral.	**OCT**	19th - Went to continence products expo.	Saw these anal plugs. Not as gross as I thought they would be. Note: call Jeanette and see if they are avaliable for trial and are on the CAAS [Continence Aids Assistance Scheme].
MAY		COMMENTS	**NOV**		COMMENTS
JUNE	3rd - Bugger. Dipstick red and cloudy urine. UTI for sure. 4th - Saw doctor at 24 hour clinic. Keflex again. 11th - Finished Keflex. Bowels have been wonky all week.	COMMENTS	**DEC**		COMMENTS