

## **Types of Urinary Management Systems, Part I**

There are many products available to manage urinary incontinence or urinary leakage. This article is Part I of a two-part article, which describes various products. The first article will discuss padding, external or condom catheters, and Crede methods of urinary management.

**Padding** can be used by both men and women. There are many products, which provide padding to absorb urine, such as adult diapers, sanitary napkins, and absorbent pouches for the penis. Sanitary napkins or panty liners are used for slight urine leakage. Adult briefs (diapers) and pouches for men are used for moderate to heavy urine leakage. The adult briefs are easy to use and can be used to contain both urine and stool. The padding product must be changed if soiled with urine and/or stool to prevent skin irritation. Barrier creams or infant diaper ointments are useful for preventing and treating skin irritation. Advantages include the products are available in most discount or drug stores without prescription.

**External or condom catheters** are latex sheaths placed around the penis. This product is used only by men. External catheters are not yet developed as an effective product for women. One type of external catheter can be placed directly on the penis shaft using a self-adhesive catheter, which has adhesive on the inner part of the catheter. Another type of external catheter is applied directly on the penis shaft and is secured with slightly elastic tape applied to the outside of the catheter in a scroll pattern. The scroll pattern of taping, which is not overlapping, helps promote good circulation to the penis. The external catheter is re-applied daily to clean, dry skin of the penis. The external catheter is connected to drainage tubing, then to a leg drainage bag or a larger urinary drainage bag. Some men use external catheters only at night and intermittent catheterization during the daytime. The benefit of the external catheter is that it is easy to use. Many men find the external catheter more comfortable and less restrictive as compared to indwelling catheters. The disadvantages of the external catheter include: red or irritated skin of the penis, especially with the self-adhesive product, plus the external catheter can slip off.

A new external catheter is applied only to the tip of the penis with a seal about the urinary opening. The catheter is then attached to a drainage bag with tubing. The product by BioDerm is hypoallergenic and latex free. This new external catheter can be used 24 hours per day. A benefit of this new product is there is no contact of tape or adhesive on the penis shaft.

**The Crede maneuver** is a method when the person applies nonforceful, smooth, even pressure from the umbilicus toward the lowest part of the abdomen. The pressure is applied **only downward** toward the bladder. The person can repeat this process several times to empty the bladder.

**Crede may be used with persons having lower-motor-neuron bladders, which results in flaccid (non-reflex, weak) bladders.** The flaccid bladder does not empty properly; using bladder muscles, but has urine retention and overflow urine leaking.

**Crede is not recommended for those with upper motor neuron bladder (reflex) bladders, which do empty with the use of bladder muscles.** The urine can pass from the bladder to the kidneys with the Crede maneuver if used by someone with upper motor neuron bladders due to bladder pressure. This increases the risk of kidney infection and damage. The benefits of the Crede maneuver are no equipment or urinary products are required.

### Price Comparison

<b>Padding</b>	<b>External Catheter</b>	<b>Crede</b>
<p>Panty Liners</p> <ul style="list-style-type: none"> <li>• 22 for \$1.19 to \$2.50</li> </ul> <p>Sanitary Pads</p> <ul style="list-style-type: none"> <li>• 72 for \$12.99</li> <li>• 60 for \$9.99</li> <li>• 54 for \$15.49</li> </ul> <p>Adult briefs</p> <ul style="list-style-type: none"> <li>• 18 for \$9.99</li> <li>• 30 for \$5.99</li> </ul> <p>Prices depend on brand name.</p>	<p>Elastic tape 1" wide x 5 yards \$2.49</p> <p>External, adhesive catheter (each) \$3.25</p> <p>External catheter with adhesive strip (each) \$3.25</p> <p>Urinary drainage bag for the leg &amp; tubing \$7.40</p>	No equipment needed.

The person needing urinary management can select a variety of products and methods of management. The selection depends on personal needs and personal preferences. Many use a combination of methods or change methods over time. Part II of this article will discuss intermittent catheterization, indwelling catheters, and suprapubic catheters.

#### References:

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The use of devices and products. (2003). *American Journal of Nursing, March supplement*, 50-51.