Urinary Symptom Questionnaire for Neurogenic Bladder-Void (USQNB-V)

Directions—Under each category, please mark each symptom/s you are experiencing. Fill in the total of each symptom category on page 2. Then, follow the flow chart (page 2) to guide your decision-making for your symptoms.

**ACTIONABLE**
- □ Bladder spasms
- □ More difficulty ambulating (walking)
- □ Increase in spasticity (not bladder spasms)
- □ Sweating
- □ Felt feverish/like you had a fever
- □ Difficulty thinking, mental fogginess, forgetfulness
- □ Autonomic Dysreflexia (AD) **Spinal Cord Injury ONLY**
- □ Multiple Sclerosis Flare-up (relapse, attack) **Multiple Sclerosis ONLY**

______ Total “Actionable” Symptoms

- If one or more symptoms then consider seeking medical attention for assessment of symptoms

**URINE QUALITY**
- □ Cloudiness
- □ Dark urine
- □ Bad, foul, or stronger smelling urine

______ Total “Urine Quality” Symptoms

- If one or more and no other symptoms, self-manage + monitor symptoms

**CONSTITUTIONAL**
- □ Malaise, feeling unwell
- □ Fatigue/Muscle weakness
- □ Chills
- □ Nausea
- □ Vomiting

______ Total “Constitutional” Symptoms

- If one or more and no other symptoms then monitor and consider seeking medical assessment

______ Total “Bladder” Symptoms

- □ Blood in urine
- □ Increased frequency of urination
- □ Urinary urgency
- □ Urge incontinence
- □ Sensation of urgency/empty bladder
- □ Small release of urine
- □ Inability to fully empty bladder
- □ Weak urine stream

- If one or more Bladder AND one or more Actionable, then consider seeking medical attention for UTI assessment
- If four or more then consider seeking medical assessment of bladder function
- If one to three and no other symptoms, self-manage + monitor symptoms
Consider seeking medical attention for assessment of symptoms.

Consider medical assessment of bladder function.

Self-manage and monitor symptoms.

Monitor and consider seeking medical assessment.

<table>
<thead>
<tr>
<th>Symptom Category</th>
<th>Total</th>
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<tbody>
<tr>
<td>Actionable</td>
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<tr>
<td>Bladder</td>
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<tr>
<td>Urine Quality</td>
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<td>Constitutional</td>
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