



## USQNB - IC

### Urinary Symptoms Questionnaire for Neurogenic Bladder – Intermittent Catheterization

#### ACTIONABLE

- Feeling Feverish
- Increase in Lower Body Tone, Rigor, or Spasticity
- Increase in Frequency or Increase in Discomfort Associated with Bladder Spasms
- Increase, or Change in Quality of, Pain in the Abdomen
- Dizziness
- Headache
- Increase in Irritability (non-verbal children)
- Increase in Fatigue, Lethargy, or Weakness (non-verbal children)

\_\_\_\_\_ Total "Actionable" Symptoms

- If  $\geq 1$  then consider work-up

#### BLADDER

- Increase in Burning, Irritation, or Pain when Passing Urine
- Increase in Burning, Irritation, or Pain During Catheterization
- Increase in Incontinence or Accidents
- Increase in Urinary Urgency
- Increase Urine Leakage
- Increase in Catheterization Frequency
- Reduced Urine Volume During Catheterization
- Blood in Urine or Pink Urine

\_\_\_\_\_ Total "Bladder" Symptoms

- If  $\geq 1$  AND if  $\geq 1$  Actionable, then consider UTI work-up
- If  $\geq 4$  then consider urologic eval
- If  $\geq 1$  and no other symptoms, consider patient self-management + monitoring

#### URINE QUALITY

- Bad-Smelling, Stronger, Foul or More Pungent Urine
- Dark Urine
- Cloudier, Milkier, Smokier Urine or Increase in Sediment/White Discharge

\_\_\_\_\_ Total "Urine Quality" Symptoms

- If  $\geq 1$  and no other symptoms, consider patient self management + monitoring

#### CONSTITUTIONAL

- Increase in Fatigue, Lethargy, or Weakness
- Loss of Appetite
- General Sense of Not Feeling Well
- Altered Sleep Patterns
- Increase in Irritability (verbal children and adults)

\_\_\_\_\_ Total "Constitutional" Symptoms

- If  $\geq 1$  and no other symptoms then monitor patient

#### ACHES & PAINS

- Muscle Aches
- Increase in Positional Pain (Sitting Versus Standing Versus Lying Down)
- Increase, or Change in Quality of, Pain in the Lower Back
- Increase, or Change in Quality of, Pain in the Legs

\_\_\_\_\_ Total "Aches & Pains" Symptoms

- If  $\geq 1$  and no other symptoms then monitor patient

#### BOWEL & ABDOMINAL

- Nausea
- Change in Bowel Patterns
- Abdominal Bloating

\_\_\_\_\_ Total "Bowel & Abdominal" Symptoms

- If  $\geq 1$  and no other symptoms then monitor patient