Urinary Symptom Questionnaire for Neurogenic Bladder-Indwelling Catherization (USQNB-IDC)

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**

- □ Autonomic Dysreflexia (AD)
- □ Felt feverish/like you had a fever
- □ Irritability, mental slowing/confusion
- □ Bladder discomfort or pain in suprapubic region
- □ Increased spasticity (not bladder spasms)
- □ Bladder spasms
- □ Sweating
- □ Flushing of the chest, neck or face

______ Total “Actionable” Symptoms

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

**BLADDER**

- □ Blood in urine
- □ Blood clots in urine
- □ Sensation of urinary urgency
- □ Urine leakage that isn’t normal

______ Total “Bladder” Symptoms

• 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

**URINE QUALITY**

- □ Dark urine
- □ Cloudy urine
- □ Bad-smelling, stronger or fouler urine

______ Total “Urine Quality” Symptoms

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

**CONSTITUTIONAL**

- □ Discharge, redness or sensitivity around catheter site
- □ Increase or decrease from your usual blood pressure
- □ Diarrhea
- □ Numbness, tingling in your extremities
- □ Sense of burning in the extremities or throughout the body
- □ Fatigue/ lethargy
- □ Generalized abdominal discomfort or pain: bloating, pressure or cramping
- □ Back pain
- □ Pain more than usual below the level of injury

______ Total “Constitutional” Symptoms

• If one or more and no other symptoms then monitor and consider seeking medical assessment
Consider seeking medical attention for assessment of symptoms.

Monitor and consider seeking medical assessment of bladder function.

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>
</tr>
</thead>
<tbody>
<tr>
<td>Actionable</td>
<td></td>
</tr>
<tr>
<td>Bladder</td>
<td></td>
</tr>
<tr>
<td>Urine Quality</td>
<td></td>
</tr>
<tr>
<td>Constitutional</td>
<td></td>
</tr>
</tbody>
</table>