

Appendix B. Urinary Symptoms Questionnaire for Neurogenic Bladder—
Intermittent Catheterization



USQNB - IC

Urinary Symptoms Questionnaire for Neurogenic Bladder – Intermittent Catheterization

Consumer: The USQNB-IC is a validated tool designed to help people who use intermittent catheters due to neurogenic bladder. First, check symptoms that you are currently experiencing which are different from what is normal for you. Then using that information, follow the flow chart to help guide your decision making.

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

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

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

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

ACHES & PAINS

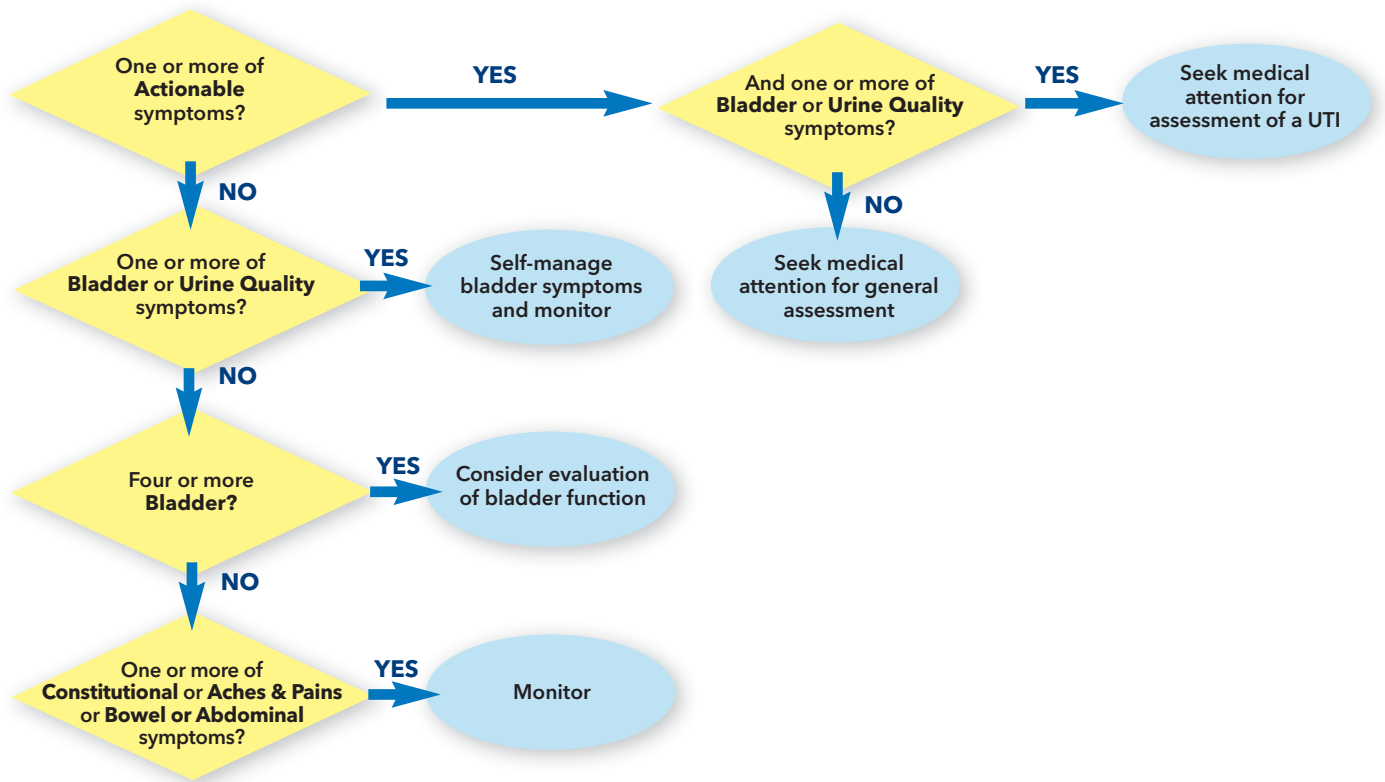
- Muscle Aches
- Increase in Positional Pain (Sitting Versus Standing Versus Lying Down)
- Increase, or Change in Quality of, Pain in the Lower Back
- Increase, or Change in Quality of, Pain in the Legs

_____ Total "Aches & Pains" Symptoms

BOWEL & ABDOMINAL

- Nausea
- Change in Bowel Patterns
- Abdominal Bloating

_____ Total "Bowel & Abdominal" Symptoms





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_____ Total "Actionable" Symptoms

- If ≥ 1 then consider work-up

BLADDER

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- Increase Urine Leakage
- Increase in Catheterization Frequency
- Reduced Urine Volume During Catheterization
- Blood in Urine or Pink Urine

_____ Total "Bladder" Symptoms

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

URINE QUALITY

- Bad-Smelling, Stronger, Foul or More Pungent Urine
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_____ Total "Urine Quality" Symptoms

- If ≥ 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 ≥ 1 and no other symptoms then monitor patient

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_____ Total "Aches & Pains" Symptoms

- If ≥ 1 and no other symptoms then monitor patient

BOWEL & ABDOMINAL

- Nausea
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- Abdominal Bloating

_____ Total "Bowel & Abdominal" Symptoms

- If ≥ 1 and no other symptoms then monitor patient



USQNB - IC

Urinary Symptoms Questionnaire for Neurogenic Bladder – Intermittent Catheterization

Researcher: The USQNB-IC is a validated measurement instrument designed to monitor urinary symptoms among individuals with neurogenic bladder who use intermittent catheterization. The symptoms within the categories below are exchangeable and each category is considered different. Those can be used as outcomes for inclusion/exclusion and monitoring symptoms.

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_____ Total "Actionable" Symptoms

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_____ Total "Urine Quality" Symptoms

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_____ Total "Aches & Pains" Symptoms

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_____ Total "Bowel & Abdominal" Symptoms