



## BLADDER MANAGEMENT

Vancouver  
CoastalHealth  
Promoting wellness. Ensuring care.

G.F. Strong Rehab Centre



Spinal Cord Injury BC

### Self Management & Problem Solving

If you are having troubles with your bladder routine or complications, try going through these steps to identify and respond to the problem you're experiencing.

**Step 1: Identify the problem:** Start by getting a clear picture of what's wrong. *If you're having problems with urinary tract infections, pay attention to when they happen and what seems to cause them.*

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**Step 2: Find the cause:** Try to get a better understanding of what may be causing your problem, and some different ways you might try to solve it. This may involve doing research or consulting health care providers. You may also find it helpful to speak with peers, people who have had similar experiences. Make sure you evaluate the reliability of the information you find, and try not to rely on information from only one source.

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**Step 3: Brainstorm solutions:** Based on the information you find, list some things you might try. *For example, to deal with recurring UTIs, you might want to drink more water, take cranberry supplements, and pay special attention to hygiene.*

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**Step 4—Try one & evaluate results:** Using your list of solutions, choose the one that seems best and give it a try. It's important to make only one change at a time so you can tell whether it works or not. Make sure you keep track of what you do and what the results are. If you solve the problem, that's great! If not, you may want to go back to step 3 and choose another option. Problem-solving can involve lots of trial and error.

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**Step 5—Know when to ask for help:** Don't try to take everything on by yourself. You can ask your health care team for information and help with your problem-solving, as your needs change over time.

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