

## Urinary Symptom Questionnaire for Neurogenic Bladder - Intermittent Catheterization (USQNB - IC)

### ACTIONABLE

- Feeling feverish
- Increased tone/spasticity (not bladder spasms)
- Bladder spasms frequency/discomfort
- Abdominal/ suprapubic pain
- Dizziness
- Headache
- Autonomic Dysreflexia **Spinal Cord Injury ONLY**
- Increase in irritability (non-verbal children)
- Increase in fatigue, lethargy, or weakness (non-verbal children)

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

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

### BLADDER

- Change in quality of pain when passing urine
- Change in quality of pain during catheterization
- Incontinence/ urine leakage
- Urinary urgency
- Increase in catheterization frequency
- Decreased urine volume during catheterization
- Blood in urine

\_\_\_\_\_ 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

- Worse-smelling urine
- Darker urine
- Cloudier/ sediment in urine

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

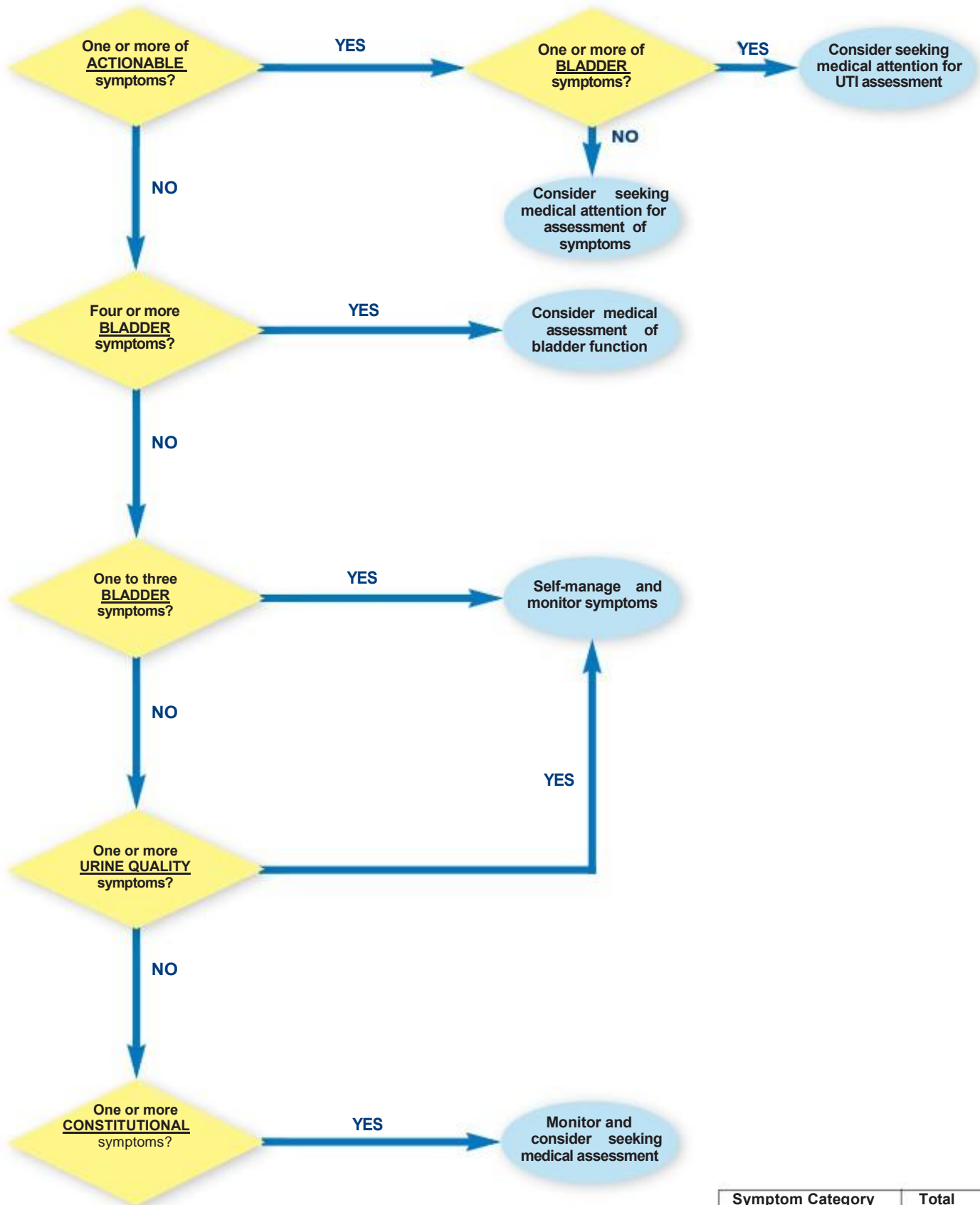
- **If one or more and no other symptoms, self manage + monitor symptoms**

### CONSTITUTIONAL

- Increase in fatigue, lethargy, or weakness
- Loss of appetite
- Malaise/ feeling unwell
- Altered sleep patterns
- Muscle aches
- Increase in positional pain
- Back pain
- Pain in the legs
  
- Nausea
- Change in bowel patterns
- Generalized abdominal discomfort or bloating
- Irritability, or mental slowing/confusion

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

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



Symptom Category	Total
Actionable	
Bladder	
Urine Quality	
Constitutional	