

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

**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.

### ACTIONABLE

- Feeling feverish
- Increased tone/ spasticity (not bladder spasm)
- Bladder spasm 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

### 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

### URINE QUALITY

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

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

### CONSTITUTIONAL

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

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