

**Enlarged Prostate Risk Plan**

**Participant’s Name:**

**Date plan begins:**

**Date Plan expires:**

**Dates of Revisions:**

**Written by:**

**Risk:**       is at risk of experiencing symptoms of benign prostatic hyperplasia or enlarged prostate, bladder, urinary tract or kidney problems.

**Desired Outcome:**       will take medications as prescribed and maintain preventative habits in order to reduce symptoms. Staff will respond as trained if symptoms of benign prostatic hyperplasia are exhibited.

**Why at risk/History:**

The **prostate** is a small, muscular gland in the male reproductive system that surrounds the urethra. **Benign prostatic hyperplasia (BPH)**, also known as an **enlarged prostate**, occurs when the cells of the prostate gland begin to multiply. These additional cells cause the prostate gland to swell, which squeezes the urethra, limits the flow of urine, and can result in uncomfortable urinary symptoms. When the bladder does not empty completely, it can cause urinary tract infection (UTI), bladder stones, blood in the urine, incontinence, kidney damage, and acute urinary retention or the inability to urinate. BPH is not the same as prostate cancer and does not increase the risk of cancer.

**Supports and interventions:**

* Staff will assist      , as needed, to take medications as prescribed.
* Staff will encourage      , as needed, to urinate as soon as the urge occurs and to go to the bathroom regularly, even without the urge.
* Staff will encourage      , as needed, to avoid alcohol and caffeine, especially after dinner.
* Staff will assist, as needed, with personal care, ensuring that       wipes from front to back when washing genital area daily and wiping after using the restroom. Doing this after urinating or bowel movement helps prevent bacteria in the anal region from spreading to the urethra.
* Staff will assist      , as needed, to reduce stress levels, as nervousness can increase the frequency of urination.
* Staff will assist      , as needed, to keep warm, since being cold can make symptoms worse.

**Monitor:**

* A weak, delayed, or slow urinary stream
* A feeling of incomplete bladder emptying
* Difficulty starting urination
* Frequent urination
* Urgency to urinate
* Getting up frequently at night to urinate
* A urinary stream that starts and stops
* Straining to urinate
* Continued dribbling of urine
* Returning to urinate again minutes after finishing
* Incontinence, or leakage of urine
* Painful urination
* Blood in the urine

**Notify:**

* **CALL 911 if exhibiting acute urinary retention or the inability to urinate, vomiting, confusion, severe abdominal or back pain, shaking and chills, high fever, passing bright red blood in urine, emergency intervention was necessary, such as, back blows, abdominal thrusts, CPR, etc., exhibiting multiple or severe symptoms, if more than first aid is needed for injuries, if they hit their head, any type of reaction that interferes with the ability to breathe or swallow, rapidly worsening symptoms, or loss of consciousness.**
* Notify Program Manager, Health and Safety Tech and/or Nurse of any symptoms of an enlarged prostate, change of condition, or concerns.
* Program Manager will notify family, guardian, other Program Managers, and/or Providers of any symptoms of an enlarged prostate, change of condition, or concerns.
* Staff will document on incident report by end of shift.

**If 911 is called:**

* Remain with       until EMTs arrive. If emergency intervention was necessary, continue as trained until relieved by EMTs.
* Ensure that emergency personnel are aware of all medical conditions, allergies, and medications.
* Follow       to the hospital and remain with participant until relieved by staff or family.
* Complete an incident report by end of shift and BDDS report within 24 hours.

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| **Provider** |  | **Risk Plan** |  |  | **Date Effective** |
| **Paladin** | | **Enlarged Prostate** | | |  |
| **Print Name** | | **Signature** | **Company/Title** | | **Date** |
|  | |  | **Paladin/Program Manager** | |  |
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