

Lesson Three – Bladder Issues, Palpation, and Urinary Catheterization in Dogs

Lesson Overview

In this lesson, participants will learn about common bladder issues in dogs, as well as how to competently palpate the bladder in a canine patient. Urinary catheterization will also be covered.

Lesson Objectives

After completing this lesson, participants will be able to:

- Possess knowledge of common bladder issues and what tests may be needed
- Be able to successfully palpate the bladder of a dog
- Have basic knowledge of the catheterization technique in a male dog

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• 3 x 5 cards • Scoreboard or chalkboard/whiteboard to keep score • Timer	1. Make 8 cards for the activity 2. Break the participants into 2 groups	15 minutes
LEARN	• <i>Bladder Issues, Palpation, and Urinary Catheterization</i> slide presentation	1. Print/photocopy <i>Bladder Issues, Palpation, and Urinary Catheterization</i> slides (one per participant)	30 minutes
REVIEW	• Canine Vet Trainer • Urinary catheters • Gloves • Copies of physical exam template	1. Divide the class into groups 2. Pass out copies of physical exam template	15 minutes

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FOCUS: Veterinary Charades

15 minutes

Purpose:

This is a great icebreaker activity that will also get participants thinking about veterinary medicine.

Materials:

- Whiteboard/chalkboard
- Prepared eight 3 x 5 cards

Facilitation Steps:

1. Tell participants you are going to play a fun icebreaker game. They will need to act out common canine behaviors while their teammates try to guess what the behavior is.
2. Divide participants into two equal groups. Hand each group the 3 x 5 cards with the following terms written on them (1 term per card):
 - Panting
 - Limping
 - Broken leg
 - Meeting another dog
 - Catching a ball/frisbee
 - Eating
 - Running
 - Licking
3. One person from each team should act out the dog behavior while their teammates try to guess. Allow for two minutes per round.
4. Keep score on the board.
5. More terms may be added if you want the activity to last longer.

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LEARN: Bladder Slide Presentation

30 minutes

Purpose:

This is the major learning portion of the lesson. Information will be provided to educate participants on common bladder ailments in dogs, how to palpate a bladder successfully, and how to catheterize a male dog.

Materials:

- Projector
- Copies of the *Bladder* slides for participants
- *Bladder* slides

Facilitation Steps:

1. Give each participant a copy of the *Bladder* slide presentation.
2. Encourage participants to engage in the lesson by following along on their copies, taking notes, and asking questions.

Slide 2: What does the Bladder Do?

Ask participants what the bladder does and allow for time to answer. Then instruct on how the bladder is the triangle – shaped, hollow organ that is located in the caudal abdomen and functions to collect and store urine.

Slide 3: Female Dog Bladder

Go over the structures (kidneys, bladder, urethra) and explain the progression of urine made in the kidneys through urination.

Slide 4: Male Dog Bladder

Repeat the previous slide's discussion. Have participants notice the much longer urethra of the male dog.

Slide 6: Urinary Tract Infections

Point out to participants that males are far less likely to suffer from UTIs due to their long urethra.

Slide 7: Bladder Stones

Tell participants that different breeds are predisposed to different types of stones. Some can be dissolved with diet and others require surgery to identify the stone is crucial.

Slides 8-9: Bladder Stone X-Ray

Ask participants to try to ID the stone.

Stone circled in red. Inform participants that these are obvious stones, and many are not this easy to see.

Slide 10: Bladder Tumors

This is an ultrasound image of a bladder tumor in a dog. The arrow shows the growth in the wall of the bladder.

Slide 11: Prostate Issues

Benign prostatic hyperplasia (BPH) or cancer can develop in male dogs and is common in non-neutered (intact) males.

Castration is the treatment of choice

Prostate Cancer carries a poor prognosis

Slide 12: Enlarged Prostate

This shows how an enlarged prostate affects the dog internally.

Slide 13: Prostate Issues

These dogs may also have straining and difficulty defecating.

Slides 14-15: Incontinence

Explain that there is a sphincter at the opening of the bladder. Estrogen aids this sphincter in closing tight. Just as older women in menopause may suffer, spayed dogs do too. However, it does not happen to all female dogs, it can be treated, and it is not a reason to not spay.

Slides 16-19: Bladder Palpation

Warn participants that aggressive palpation may damage or even rupture the bladder.

Either position is fine and may be dictated by the dog's preference. Small dogs are often standing, and larger dogs are lying down.

Slides 20-21: Male Dog Catheterization

Ask participants why it is vital to maintain sterility with this procedure (introducing bacteria into the bladder may cause a UTI).

Watch the video demonstration.

Lesson Three - Bladder Issues, Palpation, and Urinary Catheterization of the Dog

REVIEW: Vet Technician Roleplay!

15 minutes

Purpose:

This review activity will allow participants to implement their newly acquired knowledge on a life-like dog model.

Materials:

- Canine Vet Trainer
- Urinary catheters (size 8-12 French red rubber feeding tubes or polypropylene catheters)
- Gloves (can be exam gloves that students pretend are sterile gloves)
- Mock physical exam sheet (included)

Facilitation Steps:

1. Using the Canine Vet Trainer, have participants participate in pairs or small groups.
2. Have participants take turns being the owner that is presenting the dog (Canine Vet Trainer) for a urinary issue and the technician(s) doing the initial intake. Have the “technicians” roleplay with the “owner” and take a thorough history. Technicians should then perform a brief physical exam, including palpating the bladder.
3. Participants acting as owners should choose one of the following scenarios (do not tell the “technicians” until the roleplay):
 - 6-month-old, male, intact German Shepherd that has been urinating all over the house
 - 12-year-old, male, intact Miniature Schnauzer that was previously house trained but is not urinating frequently and is urinating in the house. The owner has seen blood in the urine and straining.
 - 7-year-old, male, neutered Dalmatian whose urination habits are the same, but the owner has seen blood in the urine.
4. After taking a history and attempting to palpate the bladder, the “technicians” should be told that the veterinarian has asked for a catheterized urine sample. Participants should take turns sterilely placing the urinary catheter in the Canine Vet Trainer.
5. Have fun with it! This is a great activity to not only allow participants to practice the skills they have acquired in this course, but also to give them a glimpse into the life of a veterinary technician. Have the “owners” be funny characters, give the dogs names, or anything else to add some fun!

Physical Exam Checklist			
Name _____		Owner _____	
Diet _____		Vax _____	
Fecal _____		Heartworm _____	
General Appearance ☐ Normal ☐ Abnormal	Integumentary ☐ Normal ☐ Abnormal	Musculo-Skeletal ☐ Normal ☐ Abnormal	Respiratory ☐ Normal ☐ Abnormal
BT _____ HR _____ RR _____ WT _____	Digestive ☐ Normal ☐ Abnormal	Genito-Urinary ☐ Normal ☐ Abnormal	Eyes ☐ Normal ☐ Abnormal
	Ears ☐ Normal ☐ Abnormal	Neural System ☐ Normal ☐ Abnormal	Lymph Nodes ☐ Normal ☐ Abnormal
	Mucous Membranes ☐ Normal ☐ Abnormal	Dental ☐ Normal ☐ Abnormal	Circulatory ☐ Normal ☐ Abnormal

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Name: _____ Class: _____

Bladder Issues, Palpation, and Catheterization

1. What is the primary function of the bladder?
2. What structure leads from the kidney to the bladder?
3. Which structure leads from the bladder to the outside of the body?
4. What is the treatment for benign prostatic hyperplasia in a dog?
5. If a young, intact (not spayed), female dog is experiencing incontinence while awake, is estrogen-responsive incontinence the most likely cause?
6. Explain your answer to Question 5.
7. Which dog is more likely to have a urinary tract infection?
 - A. Jack, a 12-year-old, male terrier
 - B. Lily, a 4-year-old, female Boxer
8. Explain your answer to Question 7.
9. What is the most common treatment for bladder stones in dogs?
10. Why is it important to maintain sterility when catheterizing a dog?

Name: _____ Class: _____

Bladder Issues, Palpation, and Catheterization – Answer Key

1. What is the primary function of the bladder?

To store collect and store urine until it passes out of the body

2. Which structure leads from the kidney to the bladder?

Ureter

3. Which structure leads from the bladder to the outside of the body?

Urethra

4. What is the treatment for benign prostatic hyperplasia in a dog?

Castration (neutering)

5. If a young, intact (not spayed) female dog is experiencing incontinence while awake, is estrogen-responsive incontinence the most likely cause?

No

6. Explain your answer to Question 5.

Estrogen is still present in a non-spayed female. Also, dogs with estrogen-responsive incontinence leak urine while asleep.

7. Which dog is more likely to have a urinary tract infection?

a. Jack, a 12-year-old, male terrier

b. Lily, a 4-year-old, female Boxer

8. Explain your answer to Question 7.

UTIs are much more common in females due to the short length of their urethra (more likely to get bacteria into the bladder).

9. What is the most common treatment for bladder stones in dogs?

Surgery

10. Why is it important to maintain sterility when catheterizing a dog?

Introducing bacteria into the bladder may lead to a urinary tract infection.