

APPENDIX B:

PROTOCOL FOR THE ONE HOUR PAD TEST

1. Weigh a new pad in a sealed plastic or ziplock bag on a kitchen scale (or a scale that can measure grams).
2. Ask the patient to void.
3. Ask patient to wear the pad (with underpants to hold it in place).
4. Get the patient to perform the following activities:
 - a. 0–15 minutes: Sit and drink 500ml of water.
 - b. 15–45 mins: Walk gently around the ward and/or hospital.
 - c. 45–60 mins:
 - i. Stand up from sitting 10 times.
 - ii. Cough vigorously 10 times.
 - iii. Run on the spot for one minute.
 - iv. Bend to pick up an object from the floor five times.
5. Remove the pad, place it in the same plastic or ziplock bag.
6. Weigh the pad again, in the bag.
7. Subtract the initial weight from the end weight to record the weight of urine leaked.

<u>WEIGHT OF DRY PAD AND PLASTIC BAG</u>	<u>WEIGHT OF WET PAD (ONE HOUR) AND PLASTIC BAG</u>	<u>DIFFERENCE</u>