

Urinary Catheter Insertion Return Demonstration

Student Name: _____

Student Signature: _____

Evaluator Signature: 1st attempt _____ Date: _____ Satisfactory* Unsatisfactory^

Evaluator Signature: 2nd attempt _____ Date: _____ Satisfactory* Unsatisfactory^

Evaluator Signature: 3rd attempt _____ Date: _____ Satisfactory* Unsatisfactory^

**** Critical Behaviors that need to be stated or done in order to pass the skill.**

PERFORMANCE BEHAVIORS	S*	U^	COMMENTS
<p><u>Assessment</u></p> <p>1. Avoid distractions</p> <p>2. Check patient's chart for</p> <ol style="list-style-type: none"> a. Active physician's order for urinary catheter insertion b. **Allergies; noting latex, betadine, povidone-iodine, and shellfish 			
<p><u>Planning</u></p> <p>3. Identify expected outcomes.</p>			
<p>4. Gather equipment</p> <ol style="list-style-type: none"> a. Indwelling catheter kit, using the smallest catheter if not specified. Determine what equipment is included within the kit and what to gather additionally. <ol style="list-style-type: none"> 1. Check expiration date 2. State average adult catheter size (Female: 14-16 Fr, Male: 16-18 Fr) b. Extra catheter kit, cleansing wipes, blue pad, extra pair of sterile gloves. 			
<p><u>Implementation</u></p> <p>5. Upon entering the room:</p> <ol style="list-style-type: none"> a. ** Perform hand hygiene b. Provide privacy c. Identify self d. ** Identify patient using two patient identifiers e. **Ask patient if he/she has allergies and check for identifying armbands f. Explain what is about to occur g. Allow for patient questions h. Ask the patient when last voided i. Raise bed to comfortable height j. Adjust room for proper lighting k. Be aware of your spatial safety and have call light within reach l. Don clean gloves 			
<p>6. Place head of bed in low Fowler's position. Place patient in dorsal recumbent position. Place blue pad between legs and under hips.</p> <p>7. Use cleansing wipes to clean perineal area.</p> <ol style="list-style-type: none"> a. Open and unfold three cleansing wipes, place on clean blue pad b. With non-dominant hand, make contact with perineal area and do not break contact until peri-care is complete c. For males: beginning at the meatus, cleanse the penis moving outward and downward using circular strokes. Repeat three times, using a new wipe each time. d. For females: clean labia and urinary meatus in three separate strokes working from the clitoris toward the anus, using a new wipe each time. First, furthest from self. Second, closest to self. Third, down the center. <p>8. Discard soiled wipes, remove and discard gloves. Perform hand hygiene.</p>			
<p>9. Open catheter kit</p> <ol style="list-style-type: none"> a. Remove kit from plastic wrapper b. Place kit between patient's legs with point of paper wrapper pointing toward self c. Maintaining sterile technique, unfold first corner of paper wrapper away from self then open remaining corners d. Remove sterile gloves from kit and don gloves <p>** Keep dominant hand sterile throughout procedure</p>			

PERFORMANCE BEHAVIORS	*S	*U	COMMENTS
10. Drape the area a. Place sterile drape between legs and slide toward buttocks with shiny side down b. Place fenestrated drape over perineal area with shiny side down			
11. Organize equipment a. Open swabsticks and place onto tray b. Empty lubricant packet into one well of the tray c. Unsheath catheter and place into lubricant, ensuring 2 inches of catheter tip are lubricated d. Attach syringe containing sterile water attached to the balloon port. <i>Do not inflate balloon.</i>			
12. Male indwelling catheterization a. Clean urethral meatus with swab sticks i. Hold penis below the glans with non-dominant hand away from the body ii. ** Beginning at the meatus, clean with one swab stick moving outward using circular strokes. Repeat three times, using a new swab stick each time iii. Maintain position of non-dominant hand until catheter has been inserted b. ** Do not cross the sterile field with soiled swab sticks c. Hold catheter 2-3 inches from the tip and prepare for insertion d. Ask patient to take slow, deep breaths e. Gently insert catheter into urinary meatus advancing slowly to the bifurcation f. Stop if there is resistance and notify prescriber g. ** Do not break sterile technique.			
13. Female indwelling catheter a. Clean urethral meatus with swab sticks i. Separate labia with fingers of non-dominant hand to fully expose urinary meatus ii. ** Clean labia and urinary meatus in three separate strokes working from the clitoris toward the anus, using a new swab stick each time. First, furthest from self. Second, closest to self. Third, down the center. iii. ** Do not cross sterile field with soiled swab sticks iv. Maintain position of non-dominant hand until catheter has been inserted, careful to keep labia apart b. Ask patient to take slow, deep breaths c. Gently insert catheter into urinary meatus advancing slowly 2-3 inches or until urine flows, then advance one additional inch d. Stop if there is resistance and notify prescriber ** Do not break sterile technique.			
14. Completion of catheterization (male or female) a. Hold the catheter securely at the meatus with non-dominant hand b. Use dominant hand to inflate balloon c. Secure catheter to upper thigh with Statlock, allowing slack to prevent tension d. Remove sterile gloves, perform hand hygiene and don clean gloves e. Position drainage bag lower than bladder by attaching it to non-moving part of the bed f. Allow bladder to empty, unless institution policy restricts maximum output, ensuring drainage bag is no more than half full g. Should the drainage bag become more than half full, use a graduate to measure output h. Dispose of used equipment i. Remove gloves, perform hand hygiene			
15. Before leaving room a. ** Reposition patient for comfort and safety b. ** Lower bed c. ** Raise appropriate side rails d. ** Leave call light and belongings in reach e. ** Perform hand hygiene			
<u>Evaluation</u> 16. Observe urine in drainage bag for output, color and clarity.			
17. Document catheterization, output, assessment findings, and patient's response to procedure in EHR.			

*S = Satisfactory, ^U = Unsatisfactory

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