

Catheters Assessment Document

Phase 2a Sheffield Medical School

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Catheter Assessment

35 minutes;

* 6 – Consent
* 15 – Male catheter
* 10 – Female catheter
* 3 – Feedback
* 1 – Changeover

BEFORE ANY PROCEDURE- CHECK NAME, DOB, WRISTBAND AND PATIENT NOTES. THEN ALWAYS HANG GEL.

GET CONSENT AT THE START OF EVERY PROCEDURE;

W -wash hands

I -introduce yourself

P -permission

E -expose patient appropriately

R -reposition patient as you need

FOR THIS ASSESSMENT MAINTAINING A STERILE FIELD IS ESSENTIAL FOR PASSING.

Tops tips;

* Watch the videos and look at the mark schemes on Minerva!
* Practice the ‘spiel’ at the beginning on your friends
* Practice writing a list of what you need to gather for each procedure
* Go to SFH when there are practice sessions to brush up on your skills
* Be aware of timings as they are strict on this on the day
* Wear appropriate clinical dress and be bare below the elbows on the day

1. **Consent** *done once for male or female*
   1. Introduce yourself.
   2. Identify patient correctly and checks notes
   3. Check for allergies i.e. anaesthetic gel or latex
   4. ‘Today the doctor has asked me to put a catheter in you. A catheter is a tube we insert into your bladder before or during surgery to allow the bladder to be emptied and to also enable your urine output to be measured accurately. Therefore it will involve your genitalia area.
   5. We use anaesthetic gel to numb the area to make sure it’s not painful as the catheter goes up your urethra, it is also antiseptic to keep in clean. Do let me know if you feel any pain at any time.
   6. It will take me about 10 minutes to insert it and will stay there for as long as the doctor requires after surgery but we will take it out as soon as we can.
   7. Potential complications include small trauma which can make you bleed and there can be a risk of infection, but my sterile technique will prevent this.
   8. Have you got any questions? So do you understand what I am going to do to you today and are happy for me to carry on?’
2. **Male catheterisation**

*You will need*;

* Catheter pack
* Sterile sheet- included in catheter pack
* Sterile gloves – ensure they are well fitting
* Saline sachet for cleaning
* InstiilaGel
* Drainage bag
* Catheter (save bit of packaging with sticker on)
* Apron

1. Position manikin and clean hands with alcohol gel and put on apron
2. State ‘I would normally clean the trolley at this point’
3. Open catheter pack aseptically to make sterile field
4. Open catheter, instillagel, and catheter bag onto sterile field maintaining asepsis.
5. Pour cleaning agent into cup.
6. Put gloves on in sterile technique
7. Prepare syringes (take off caps and release pressure
8. Place sterile sheet around the penis
9. Hold penis with gauze. Clean penis- pulls back foreskin and cleans around meatus (use one cotton wool swab per wipe- putting them on bottom shelf of trolley once used)
10. Insert gel by placing nozzle into urethral opening and squeeze gel into it (‘this might just be a bit cold and sting for a second).
11. ‘I would then change my gloves whilst the gel is taking effect in the next 3-5 minutes’ (don’t do)
12. Prepare catheter (take out of inner package) and attach catheter bag to catheter to prevent urine spillage once inserted
13. Hold the penis upright with gauze and introduce catheter tip into urethra. Advance catheter all the way and check for urine present. ENSURE YOU DON’T CONTAMINATE YOUR CLEAN HAND by touching the tip of the penis with your fingers when inserting the catheter.
14. Inflate balloon by inserting saline.
15. Pull catheter back out gently until balloon stops it.
16. Ensure catheter bag is attached to side of bed
17. Reposition foreskin and clean any other gel.
18. Clear away equipment
19. Document procedure in notes and note initial residual volume of urine. Complete patient’s fluid balance sheet.
20. Check patient is ok. Thank patient and recover them
21. **Female catheterisation**

*You will need;*

* Catheter pack
* Sterile sheet- included in catheter pack
* Sterile gloves – ensure they are well fitting
* Saline sachet for cleaning
* InstiilaGel
* Drainage bag
* Catheter (save bit of packaging with sticker on)
* Apron

(^this equipment is collected by helper)

1. Position manikin and clean hands with alcohol gel and put on apron
2. State ‘I would normally clean the trolley at this point’
3. Open catheter pack aseptically to make a sterile field
4. Open catheter, instillagel, and catheter bag onto sterile field maintaining asepsis.

(a, b, c,& d are prepared by examiner)

1. Pour cleaning agent into cup.
2. Put gloves on in sterile technique
3. Prepare syringes (take off caps and release pressure)
4. Place sterile sheet around thighs.
5. Gently part labia and clean vulva (use one cotton wool swab per wipe- putting them on bottom shelf of trolley once used). MAINTAIN CLEAN HAND/DIRTY HAND THROUGHOUT.
6. Insert gel nozzle into urethral opening and squeeze gel into it. (‘This might just be a bit cold).
7. ‘I would then change my gloves whilst the gel is taking effect in the next 3-5 minutes’ (don’t do)
8. Prepare catheter (take out of inner package and attach catheter bag to catheter to prevent urine spillage once inserted
9. Part the labia. Introduce catheter tip into urethra. Advance until urine comes out then advance another 5cm only (this is because standard length catheters are now used routinely for both male and female)
10. Inflate balloon by inserting saline.
11. Pull catheter back out gently until balloon stops it.
12. Ensure catheter bag is attached to side of bed
13. Clean any other gel.
14. Clear away equipment
15. Document procedure in notes and note initial residual volume of urine. Complete patient’s fluid balance sheet.
16. Check patient is ok. Thank patient and recover them