

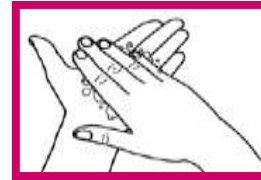
ESSENTIAL STEPS: Urinary catheter insertion

PROMPTS FOR ASSESSORS

Intervention	Criteria required	Standard not achieved if
Assess need	An assessment of the individual & their need to be catheterised i.e. continence or retention – other options considered	No review of the need for indwelling catheter carried out or in records
Preventing the spread of infection Refer to preventing the spread of infection prompt	Consent must be obtained	No consent obtained
	Hand hygiene - suitable method and six step technique used.	Hands not washed using the six step technique. Any of these worn: Nail varnish, false nails, wrist watch, wrist/hand jewellery (except plain wedding band) or having long nails.
	Personal Protective Equipment used as appropriate for the procedure.	PPE not worn as required by procedure
	Sterile equipment used Aseptic technique adopted	Level of asepsis is not maintained/ breaks in asepsis not addressed.
Clean urethral meatus	0.9% sterile saline or antiseptic solution used to clean meatus. Male – hold penis with sterile gauze to maintain asepsis & retract foreskin prior to cleaning glans. Female - urethral orifice visualised using sterile gauze prior to cleaning using single downward strokes	Inappropriate solution used/sterility not maintained Procedure not followed as per guidelines
Sterile drainage system	Sterile drainage bag attached Appropriate system in place for patient i.e. night bag is connected to the drainage tap of the leg bag	Breach in closed drainage system

NB: Catheter insertion must be carried out aseptically and documented as such.

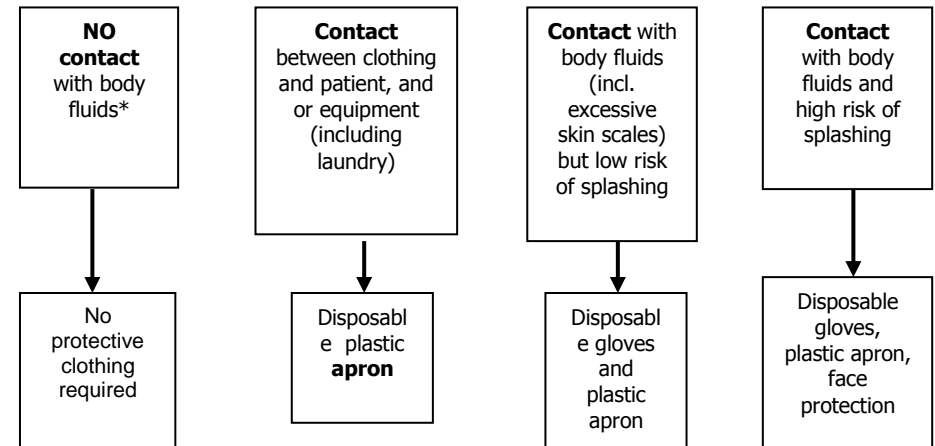
Suggested hand washing and alcohol hand rub technique



Wash/rub all surfaces of the hands -
If using soap & water remember to wet hands first before applying the soap.
Alcohol hand rub should only be used on visibly clean hands.



Risk assessment for the use of PPE * the term body fluids includes wounds



NICE guidelines require:

- An appropriate single use lubricant used during catheter insertion to minimise urethral trauma and infection
- Documentation of all insertions/changes and care
- For adults a 10ml catheter balloon should be standard
- Consider options such as catheter valves or intermittent self catheterisation