

# Catheterization

## Curriculum Overview

### Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Nursing Assistant (CNA) training courses

### Length:

The activities in this curriculum will last approximately 1 to 1 ½ hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help participants learn about insertion of straight and indwelling urinary catheters.

### Synopsis:

This curriculum helps participants learn about insertion of straight and indwelling urinary catheters. The lesson begins with activities that students may complete before the content is presented. Educators have a choice to review anatomy (Locate female and male anatomical genitalia landmarks) and/or an empathy activity focusing on patient-centered care) to teach important nursing soft skills. The lesson uses a slide presentation and integrates the male and female catheterization trainer to learn to properly insert a straight and indwelling urinary catheter and document the procedure. A brief quiz is included for assessment.

### Curriculum Components:

- Teacher's guide - Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

### Learning Objectives:

- Define key terms associated with catheterization
- Locate anatomical structures pertinent to the insertion of a catheter
- Explain indications for catheterization
- Explain complications of urinary catheterizations
- Demonstrate how to insert a straight and indwelling urinary catheter on a male
- Demonstrate how to insert a straight and indwelling urinary catheter on a female
- Explain how to document catheterization