

Introduction to Pediatric Catheterization Curriculum



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About the Author



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Introduction to Pediatric Catheterization

This curriculum and accompanying pediatric manikin will help students learn about the insertion of straight and indwelling urinary catheters.

Curriculum Structure

The *Introduction to Pediatric Catheterization* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	FOCUS: Part 1 – Developing Awareness of Patient-Focused Care	10 minutes
One	FOCUS: Part 2 – Anatomy (Locating Male and Female Anatomical Genitalia Landmarks)	10 minutes
One	LEARN: Introduction to Pediatric Catheterization Slide Presentation	20 minutes
One	REVIEW: Practice and Assessment of Indwelling and Straight Catheterization	30 minutes
	Total	1-1½ hours

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Introduction to Pediatric Catheterization

Lesson Overview

In this lesson, students will learn about the insertion of straight and indwelling urinary catheters.

Lesson Objectives

After completing this lesson, participants will be able to:

- 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 patient
- Demonstrate how to insert a straight and indwelling urinary catheter on a female patient
- Explain how to document catheterization

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS: Part 1	• <i>Introduction to Pediatric Catheterization (Focus on Empathy) worksheet</i> • <i>Introduction to Pediatric Catheterization (Focus on Empathy) Instructor Resource</i>	1. Print/photocopy <i>Introduction to Pediatric Catheterization (Focus on Empathy) worksheet</i> (one per participant)	10 minutes
FOCUS: Part 2	• <i>Introduction to Catheterization (Focus on Anatomy) worksheet</i> • <i>Introduction to Catheterization (Focus on Anatomy) Instructor Resource</i>	1. Print/photocopy <i>Introduction to Catheterization (Focus on Anatomy) worksheet</i> (one per participant)	10 minutes
LEARN	• <i>Introduction to Pediatric Catheterization slide presentation</i> • <i>Examples of straight and indwelling catheters</i>	1. Prepare <i>Introduction to Pediatric Catheterization slide presentation</i> for viewing	20 minutes
REVIEW	• <i>Introduction to Pediatric Catheterization Check-Off Female Indwelling (Instructor Resource)</i> • <i>Introduction to Pediatric Catheterization Check-Off Female Indwelling worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Female Straight (Instructor Resource)</i> • <i>Introduction to Pediatric Catheterization Check-Off Female Straight worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Female Patient)</i>	1. Print/photocopy (one per participant): • <i>Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Female Patient)</i> • <i>Introduction to Pediatric Catheterization Check-Off Female Indwelling worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Female Straight worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Male Patient)</i>	30 minutes

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	• <i>Introduction to Pediatric Catheterization Check-Off Male Indwelling (Instructor Resource)</i> • <i>Introduction to Pediatric Catheterization Check-Off Male Indwelling worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Male Straight (Instructor Resource)</i> • <i>Introduction to Pediatric Catheterization Check-Off Male Straight worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Male Patient)</i> • <i>Introduction to Pediatric Catheterization Quiz</i> • <i>Introduction to Pediatric Catheterization Quiz - Answer Key</i> • Pediatric manikin Supplies: • Straight catheterization kits • Indwelling (Foley) kits • Lubricant for manikins • Non-sterile clean gloves • Hand sanitizer or access to a sink • Wipes for peri-care (optional)	• <i>Introduction to Pediatric Catheterization Check-Off Male Indwelling worksheet</i> • <i>Introduction to Pediatric Catheterization Check-Off Male Straight worksheet</i> • <i>Introduction to Pediatric Catheterization Quiz</i> 2. Get the supplies ready for the lesson	
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Instructor Note: For the Focus and Review activities, the instructor may choose to have students complete both or one of the two activities. Focus activities may also be completed prior to class.

Lesson One – Introduction to Pediatric Catheterization

FOCUS: Part 1 – Developing Awareness of Patient-Focused Care

10 minutes

Purpose:

To help students develop an awareness of patient-focused care.

Materials:

- *Introduction to Pediatric Catheterization (Focus on Empathy)* worksheet
- *Introduction to Pediatric Catheterization (Focus on Empathy) Instructor Resource*

Facilitation Steps:

1. Distribute the *Introduction to Pediatric Catheterization (Focus on Empathy)* worksheet prior to or at the start of the class.
2. Have the *Introduction to Pediatric Catheterization (Focus on Empathy) Instructor Resource* page available.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

Name: _____ Class: _____

Introduction to Pediatric Catheterization (Focus on Empathy)

READ the following:

Inserting a catheter into a patient's bladder is an invasive and uncomfortable procedure to most. It involves the healthcare personnel touching and manipulating the patient's private parts to insert the catheter. Because of the equipment, the number of steps involved, and the patient's unique anatomy or medical condition, there may be more than one health care personnel in the room assisting with the procedure.

REFLECT on feelings:

If you were the patient:

- How would you feel about having this procedure done?
- What fears could you have regarding this procedure?

If you were the health care personnel:

- How would you feel doing this procedure on a child?
- What could you say or do to make the child feel at ease?

SHARE your thoughts with a peer:

Introduction to Pediatric Catheterization (Focus on Empathy) Instructor Resource

READ the following:

Inserting a catheter into a patient's bladder is an invasive and uncomfortable procedure to most. It involves the healthcare personnel touching and manipulating the patient's private parts to insert the catheter. Because of the equipment, the number of steps involved, and the patient's unique anatomy or medical condition, there may be more than one health care personnel in the room assisting with the procedure.

REFLECT on feelings:

If you were the patient:

- How would you feel about having this procedure done?
- What fears could you have regarding this procedure?

If you were the health care personnel:

- How would you feel doing this procedure on a child?
- What could you say or do to make the child feel at ease?

SHARE your thoughts with a peer:

- *Patients can feel scared, nervous, embarrassed, or violated. It is very important for the health care personnel to be professional and fully prepare the child for the procedure. Fear can come from not knowing or trusting the health care personnel. Fear can also come from the equipment used (for example, the length of the catheter) or lack of information about the procedure.*
- *Ask the students how they feel about this procedure and validate their feelings.*
- *Ask the students how they would prepare themselves mentally for this procedure and how they would prepare the child mentally. It is important to focus on the child as well as the procedure.*

Lesson One – Introduction to Pediatric Catheterization

FOCUS: Part 2 – Anatomy (Locating Male and Female Anatomical Genitalia Landmarks)

10 minutes

Purpose:

To help students locate female and male anatomical genitalia landmarks.

Materials:

- *Introduction to Catheterization (Focus on Anatomy)* worksheet
- *Introduction to Catheterization (Focus on Anatomy) Instructor Resource*

Facilitation Steps:

1. Distribute the *Introduction to Catheterization (Focus on Anatomy)* worksheet prior to or at the start of the class.
2. Have the *Introduction to Catheterization (Focus on Anatomy) Instructor Resource* page available.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

Name: _____ Class: _____

Introduction to Catheterization

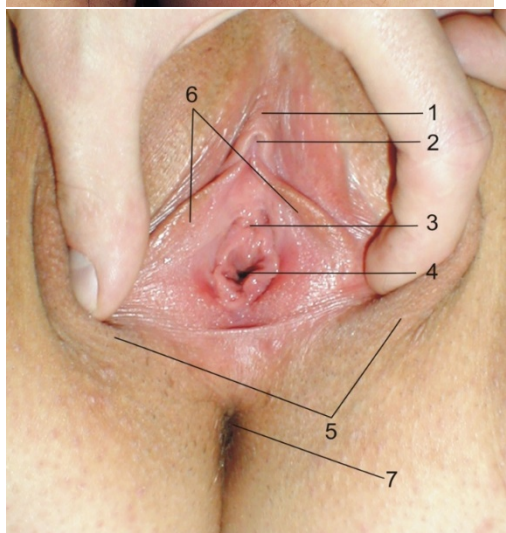
(Focus on Anatomy)

Catheterization involves placing a small tube up into the bladder to drain urine. It is important to understand the anatomy of male and female genitalia. Below are diagrams of both systems. Label the diagrams with the words listed.



Glans, Scrotum, Meatus, Shaft, Foreskin

- 1.
- 2.
- 3.
- 4.
- 5.



Anus, Clitoral Hood, Labia minora, Urethra, Labia majora, Vagina, Clitoris

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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https://commons.wikimedia.org/wiki/File%3ALabia_separated_exposing_vaginal_opening.jpg

Introduction to Catheterization

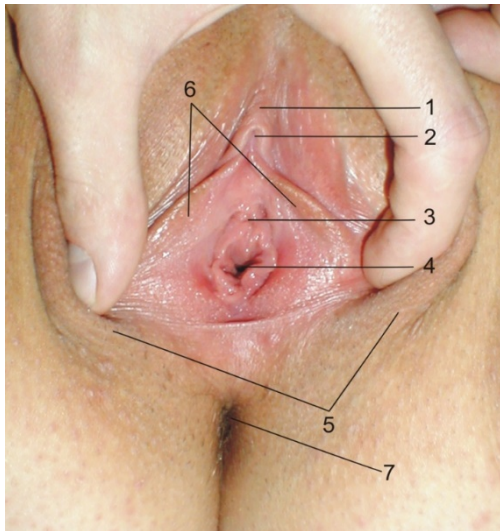
(Focus on Anatomy) Instructor Resource

Catheterization involves placing a small tube up into the bladder to drain urine. It is important to understand the anatomy of male and female genitalia. Below are diagrams of both systems. Label the diagrams with the words listed.



Glans, Scrotum, Meatus, Shaft, Foreskin

1. *Scrotum*
2. *Foreskin*
3. *Glans*
4. *Meatus*
5. *Shaft*



Anus, Clitoral Hood, Labia minora, Urethra, Labia majora, Vagina, Clitoris

1. *Clitoral Hood*
2. *Clitoris*
3. *Urethra*
4. *Vagina*
5. *Labia majora*
6. *Labia minora*
7. *Anus*

By Bebop7 - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=19171718>
By Sci-img (Own work) [Public domain], via Wikimedia Commons,
https://commons.wikimedia.org/wiki/File%3ALabia_separated_exposing_vaginal_opening.jpg

Lesson One – Introduction to Pediatric Catheterization

LEARN: Introduction to Pediatric Catheterization Slide Presentation

20 minutes

Purpose:

Participants will receive a thorough introduction to straight and indwelling urinary catheterization procedures.

Materials:

- *Introduction to Pediatric Catheterization* slide presentation
- Examples of straight and indwelling catheters

Facilitation Steps:

1. Share the following information with students as you show the slide presentation.

Slide 1: Introduction Slide (Source: Perry, A., Potter, P., & Ostendorf, W. (2014). *Clinical Nursing Skills and Techniques*. 8th Edition. Publisher: Mosby, Inc.)

Slide 2: Centers for Disease Control and Prevention (CDC) definition

Slide 3: Examples of excessive urine include post-surgical, enlarged prostate, and the inability to feel the urge to void (paralysis). Patients can void, but they cannot void all of the urine out of the bladder, causing retention. We can measure how much urine remains in the bladder after a patient voids as well.

Slide 4: According to the Centers for Disease Control and Prevention (CDC), urinary tract infections (UTIs) are the most common types of healthcare-associated infections. Approximately 75% of UTIs acquired in the hospital are associated with a urinary catheter. The most important risk factor for developing a catheter-associated UTI (CAUTI) is the prolonged use of a urinary catheter. Listed here are the current CAUTI guidelines. Discuss how following each of these guidelines can help prevent infection.

Slide 5: With children, it is important to assess whether a catheter is the best way to get results.

For example, a catheter may be appropriate for retention, but not to get a urine specimen. Another option is a sterile bag that is placed over the peri-area to catch urine.

Privacy is important in many cultures, so pay attention to how you are preparing the child. Give the child the option to have a parent in the room. Some cultures and religions have preferences regarding having family present at the bedside and/or physical contact.

Other cultures emphasize female modesty and prohibit nonrelated opposite genders from touching (Iranian, Jewish Orthodox, Korean, Hindu, and Vietnamese).

Slide 6: The steps for inserting an indwelling and a single-use straight/intermittent catheter are the same.

As you can see, the main differences are the inflation of a balloon to keep the indwelling catheter in place and the presence of a closed drainage system. Show both kits to students. Note the sterile packaging and size of the catheter.

Slide 7: See Source 1 on the Sources page. Show students differences in catheters.

Slide 8: See Source 2 on the Sources page.

Slide 9: Review the steps in peri-care (washing of perineum area) for females and males if needed. What sensations should the patient expect with catheterization? Burning, pinching, and/or pressure may be experienced, which is normal and will go away. Position females with knees bent and apart with heels together (*unless contraindicated*). Position males with legs spread apart. Consider placing a waterproof pad under the patient.

Slide 10: Use a smaller catheter size for children. When explaining the procedure,

explain it to the parents as well as the child at the level that the child can understand.

Catheterization is painful for children. It may be made easier by using a catheter lubricant with 2% lidocaine gel.

Slide 11: Demonstrate how to open a sterile package and how to don sterile gloves. For a female patient, unfold a square drape without touching unsterile surfaces, form a cuff over both hands with the top of the drape, place the drape shiny-side-down between the patient's thighs, ask the patient to lift their hips, and slip the cuffed edge just under the patient's buttocks. The fenestrated sterile drape should be draped over the perineum, exposing the labia. For a male patient, unfold the square drape without touching unsterile surfaces and place it over his thighs, just below the penis. Place the fenestrated drape with the opening over the penis. Some kits require pouring of betadine on cotton swabs. ***Please note that the betadine and lubricant in the kit should not be used on the pediatric manikin, but it is still is a step in the process.*

Slide 12: Demonstrate insertion and proper cleansing of the perineum. Use 2% lidocaine gel with children to numb the urethra if needed. You may show on the manikin as an example.

Slide 13: You may show on a catheter manikin as an example. The bag should not be secured onto the side rail. You may show on the manikin as an example.

Slide 14: Fluid intake helps prevent catheter blockage. Bent or kinked tubing will cause urine to back up into the bladder, placing the patient at risk for infection.

Slide 15: Review the slide contents.

Slide 16: Output also record on I&O flow sheets.

Slide 17: Closing slide

Lesson One – Introduction to Pediatric Catheterization

REVIEW: Practice and Assessment of Indwelling and Straight Pediatric Catheterization

30 minutes

Purpose:

Participants will practice straight and indwelling catheterization on a manikin and will then complete a quiz to assess mastery.

Materials:

- *Introduction to Pediatric Catheterization Check-Off Female Indwelling Instructor Resource*
- *Introduction to Pediatric Catheterization Check-Off Female Indwelling worksheet*
- *Introduction to Pediatric Catheterization Check-Off Female Straight Instructor Resource*
- *Introduction to Pediatric Catheterization Check-Off Female Straight worksheet*
- *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Female Patient)*
- *Introduction to Pediatric Catheterization Check-Off Male Indwelling Instructor Resource*
- *Introduction to Pediatric Catheterization Check-Off Male Indwelling worksheet*
- *Introduction to Pediatric Catheterization Check-Off Male Straight Instructor Resource*
- *Introduction to Pediatric Catheterization Check-Off Male Straight worksheet*
- *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Male Patient)*
- *Introduction to Pediatric Catheterization Quiz*
- *Introduction to Pediatric Catheterization Quiz – Answer Key*
- Pediatric manikin

Supplies:

- Straight catheterization kits
- Indwelling (Foley) kits
- Lubricant for manikins
- Non-sterile clean gloves
- Hand sanitizer or access to a sink

- Wipes for peri-care (optional)

Facilitation Steps:

1. Give students the following handouts:

- *Introduction to Pediatric Catheterization Check-Off Female Indwelling worksheet*
- *Introduction to Pediatric Catheterization Check-Off Female Straight worksheet*
- *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Female Patient)*
- *Introduction to Pediatric Catheterization Check-Off Male Indwelling worksheet*
- *Introduction to Pediatric Catheterization Check-Off Male Straight worksheet*
- *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Male Patient)*

2. Access the *Introduction to Pediatric Catheterization Check-Off Female Indwelling* and *Female Straight Instructor Resource* pages. Following the steps on the check-off page, demonstrate catheter insertion on the manikin with female genitalia attached.

3. Have students review the *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Female Patient)*. Answer any questions that students may have on using these.

4. Access the *Introduction to Pediatric Catheterization Check-Off Male Indwelling* and *Male Straight Instructor Resource* pages. Following the steps on the check-off page, demonstrate catheter insertion on the manikin with a male genitalia attached.

Introduction to Pediatric Catheterization

5. Have students review the *Introduction to Pediatric Catheterization Check-Off Sample Provider's Orders (Male Patient)*. Answer any questions that students may have on using these.
6. Following the steps on their *Introduction to Pediatric Catheterization* worksheets, have students practice catheterization manikin. They should practice straight and indwelling procedures.
7. Hand out the *Introduction to Pediatric Catheterization Quiz* to students. Give them a couple of minutes to complete it.
8. Have students self-check or peer check their answers as you share them from the *Introduction to Pediatric Catheterization Quiz – Answer Key*.

Introduction to Pediatric Catheterization Check-Off Female Indwelling Instructor Resource

PREPARATION:

Supplies:

- Provider order
- Pediatric manikin with female genitalia attached
- Indwelling (Foley) kit
- Lubricant for manikin
- Non-sterile clean gloves
- Hand sanitizer or access to a sink
- Wipes for peri-care (optional)

After the demonstration, have students practice catheterization on the female manikin using the following steps:

** Depending on the manikin used, students may have to verbalize some steps.

1.	Verify written order from provider	
2.	Gather supplies needed	
3.	Knock, enter room, and provide for privacy	
4.	Identify yourself by name and title (student nurse, medical assistant, etc.)	
5.	Wash your hands with sanitizer or soap and water	
6.	Identify patient by asking and verifying name and date of birth	
7.	Explain procedure to patient and ask if they have any questions	
8.	Assess for latex/iodine allergies, joint limitations for positioning, or any history of previous difficulties with catheterization procedure	
9.	State or set bed to comfortable height, raise opposite side rail, lower side rail on working side	
10.	State asking for extra persons to assist if needed	
11.	State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately	
12.	Apply gloves, then wash, rinse, and dry perineal area	
13.	Remove gloves and wash your hands	
14.	Open the catheterization kit and use the wrapper to establish a sterile field	

15.	Apply sterile gloves	
16.	State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves	
17.	Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves	
18.	State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)	
19.	Attach syringe filled with sterile water to catheter	
20.	State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)	
21.	Place top and bottom tray from kit between patient's legs in front of perineal area	
22.	With your sterile, gloved, non-dominant hand, separate labia (this hand is no longer sterile)	
23.	With your sterile dominant hand, state that you would cleanse the labia and meatus with antimicrobial cleanser using a downward motion; discard each applicator after use	
24.	Continue to hold labia apart with non-dominant, non-sterile hand	
25.	With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant	
26.	Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted	
27.	Inflate balloon with water filled syringe; use total amount of solution	
28.	Once balloon is inflated, gently pull catheter until balloon rests against bladder neck	
29.	State or secure catheter to patient's upper thigh with enough slack to allow for leg movement	
30.	Place drainage bag below level of bladder	
31.	Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant	
32.	Remove gloves and perform hand hygiene	
33.	Provide for patient comfort and safety	
34.	Document procedure	
	Total	

Optional: Evaluate student's ability to complete a catheterization using the above steps. You may score via points or via satisfactory/unsatisfactory.

Introduction to Pediatric Catheterization

Check-Off Female Indwelling

PART ONE: Practice catheterization on the manikin with female genitalia attached using the following steps:

** Depending on the manikin used, you may have to verbalize some steps.

Verify written order from provider
Gather supplies needed
Knock, enter room, and provide for privacy
Identify yourself by name and title (student nurse, medical assistant, etc.)
Wash your hands with sanitizer or soap and water
Identify patient by asking and verifying name and date of birth
Explain procedure to patient and ask if they have any questions
Assess for latex/iodine allergies, joint limitations for positioning, or any history of previous difficulties with catheterization procedure
State or set bed to comfortable height, raise opposite side rail, lower side rail on working side
State asking for extra persons to assist if needed
State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately
Apply gloves, then wash, rinse, and dry perineal area
Remove gloves and wash your hands
Open the catheterization kit and use the wrapper to establish a sterile field
Apply sterile gloves
State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves

Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves
State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)
Attach syringe filled with sterile water to catheter
State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)
Place top and bottom tray from kit between patient's legs in front of perineal area
With your sterile, gloved, non-dominant hand, separate labia (this hand is no longer sterile)
With your sterile dominant hand, state that you would cleanse the labia and meatus with antimicrobial cleanser using a downward motion; discard each applicator after use
Continue to hold labia apart with non-dominant, non-sterile hand
With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant
Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted
Inflate balloon with water filled syringe; use total amount of solution
Once balloon is inflated, gently pull catheter until balloon rests against bladder neck
State or secure catheter to patient's upper thigh with enough slack to allow for leg movement
Place drainage bag below level of bladder
Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant
Remove gloves and perform hand hygiene
Provide for patient comfort and safety
Document procedure

Introduction to Pediatric Catheterization Check-Off Female Straight Instructor Resource

PREPARATION:

Supplies:

- Provider Order
- Pediatric manikin with female genitalia attached
- Straight (intermittent) Kit
- Lubricant for manikins
- Non-sterile clean gloves
- Hand sanitizer or access to sink
- Wipes for peri-care (optional)

After the demonstration, have students practice catheterization on the female manikin using the following steps:

**** Depending on the manikin used, students may have to verbalize some steps.**

1.	Verify written order from provider	
2.	Gather supplies needed	
3.	Knock, enter room, and provide for privacy	
4.	Identify yourself by name and title (student nurse, medical assistant, etc.)	
5.	Wash your hands with sanitizer or soap and water	
6.	Identify patient by asking and verifying name and date of birth	
7.	Explain procedure to patient and ask if they have any questions	
8.	Assess for latex/iodine allergies, joint limitations for positioning, or any history of previous difficulties with catheterization procedure	
9.	State or set bed to comfortable height, raise opposite side rail, lower side rail on working side	
10.	State asking for extra persons to assist if needed	
11.	State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately	
12.	Apply gloves, then wash, rinse, and dry perineal area	
13.	Remove gloves and wash your hands	
14.	Open the catheterization kit and use the wrapper to establish a sterile field	
15.	Apply sterile gloves	

16.	State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves	
17.	Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves	
18.	State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)	
19.	State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)	
20.	Place top and bottom tray from kit between patient's legs in front of perineal area	
21.	With your sterile, gloved, non-dominant hand, separate labia (this hand is no longer sterile)	
22.	With your sterile dominant hand, state that you would cleanse the labia and meatus with antimicrobial cleanser using a downward motion; discard each applicator after use	
23.	Continue to hold labia apart with non-dominant, non-sterile hand	
24.	With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant	
25.	Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted	
26.	Ensure end of catheter is over tray to catch urine; drain bladder	
27.	Have patient relax and slowly remove catheter	
28.	Measure urine output	
29.	Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant	
30.	Remove gloves and perform hand hygiene	
31.	Provide for patient comfort and safety	
32.	Document procedure	
	Total	

Optional: Evaluate student's ability to complete a catheterization using the above steps. You may score via points or via satisfactory/unsatisfactory.

Introduction to Pediatric Catheterization

Check-Off Female Straight

PART ONE: Practice catheterization on the female manikin using the following steps:

** Depending on the manikin used, you may have to verbalize some steps.

Verify written order from provider
Gather supplies needed
Knock, enter room, and provide for privacy
Identify yourself by name and title (student nurse, medical assistant, etc.)
Wash your hands with sanitizer or soap and water
Identify patient by asking and verifying name and date of birth
Explain procedure to patient and ask if they have any questions
Assess for latex/iodine allergies, joint limitations for positioning, or any history of previous difficulties with catheterization procedure
State or set bed to comfortable height, raise opposite side rail, lower side rail on working side
State asking for extra persons to assist if needed
State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately
Apply gloves, then wash, rinse, and dry perineal area
Remove gloves and wash your hands
Open the catheterization kit and use the wrapper to establish a sterile field
Apply sterile gloves
State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves
Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves

State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)
State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)
Place top and bottom tray from kit between patient's legs in front of perineal area
With your sterile, gloved, non-dominant hand, separate labia (this hand is no longer sterile)
With your sterile dominant hand, state that you would cleanse the labia and meatus with antimicrobial cleanser using a downward motion; discard each applicator after use
Continue to hold labia apart with non-dominant, non-sterile hand
With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant
Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted
Ensure end of catheter is over tray to catch urine; drain bladder
Have patient relax and slowly remove catheter
Measure urine output
Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant
Remove gloves and perform hand hygiene
Provide for patient comfort and safety
Document procedure

Introduction to Pediatric Catheterization Check-Off Male Indwelling Instructor Resource

PREPARATION:

Supplies:

- Provider order
- Pediatric manikin with male genitalia attached
- Indwelling (Foley) kits
- Lubricant for manikins
- Non-sterile clean gloves
- Hand sanitizer or access to sink
- Wipes for peri-care (optional)

After the demonstration, have students practice catheterization on the male manikin using the following steps:

**** Depending on the manikin used, students may have to verbalize some steps.**

1.	Verify written order from provider	
2.	Gather supplies needed	
3.	Knock, enter room, and provide for privacy	
4.	Identify yourself by name and title (student nurse, medical assistant, etc.)	
5.	Wash your hands with sanitizer or soap and water	
6.	Identify patient by asking and verifying name and date of birth	
7.	Explain procedure to patient and ask if they have any questions	
8.	Assess for latex/iodine allergies, joint limitations for positioning, enlarged prostate or any history of previous difficulties with catheterization procedure	
9.	State or set bed to comfortable height, raise opposite side rail, lower side rail on working side	
10.	State asking for extra persons to assist if needed	
11.	State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately	
12.	Apply gloves, then wash, rinse, and dry perineal area	
13.	Remove gloves and wash your hands	
14.	Open the catheterization kit and use the wrapper to establish a sterile field	
15.	Apply sterile gloves	

16.	State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves	
17.	Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves	
18.	State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)	
19.	Attach syringe filled with sterile water to catheter	
20.	State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)	
21.	Place top and bottom tray from kit between patient's legs in front of perineal area	
22.	With your sterile, gloved, non-dominant hand, gently grasp the penis and retract the foreskin if present; position at a 90-degree angle (this hand is no longer sterile)	
23.	With your sterile dominant hand, state that you would cleanse the glans with antimicrobial cleanser using a circular motion from the meatus to the base of the glans; discard each applicator after use	
24.	Continue to hold the penis with non-dominant, non-sterile hand, perpendicular to the body and pull up gently	
25.	With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant	
26.	Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted	
27.	Inflate balloon with water filled syringe; use total amount of solution	
28.	Once the balloon has been inflated, gently pull the catheter until the balloon is resting against the bladder neck; replace foreskin if retracted	
29.	State or secure the catheter to patient's upper thigh or lower abdomen with enough slack to allow for leg movement	
30.	Place drainage bag below level of bladder	
31.	Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant	
32.	Remove gloves and perform hand hygiene	
33.	Provide for patient comfort and safety	
34.	Document procedure	
	Total	

Optional: Evaluate student's ability to complete a catheterization using the above steps. You may score via points or via satisfactory/unsatisfactory.

Introduction to Pediatric Catheterization

Check-Off Male Indwelling

PART ONE: Practice catheterization on the male manikin using the following steps:

** Depending on the manikin used, you may have to verbalize some steps.

Verify written order from provider
Gather supplies needed
Knock, enter room, and provide for privacy
Identify yourself by name and title (student nurse, medical assistant, etc.)
Wash your hands with sanitizer or soap and water
Identify patient by asking and verifying name and date of birth
Explain procedure to patient and ask if they have any questions
Assess for latex/iodine allergies, joint limitations for positioning, enlarged prostate or any history of previous difficulties with catheterization procedure
State or set bed to comfortable height, raise opposite side rail, lower side rail on working side
State asking for extra persons to assist if needed
State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately
Apply gloves, then wash, rinse, and dry perineal area
Remove gloves and wash your hands
Open the catheterization kit and use the wrapper to establish a sterile field
Apply sterile gloves
State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves
Place fenestrated drape over patient's perineal area with opening over labia being careful not to touch anything with sterile gloves

State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)
Attach syringe filled with sterile water to catheter
State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)
Place top and bottom tray from kit between patient's legs in front of perineal area
With your sterile, gloved, non-dominant hand, gently grasp the penis and retract the foreskin if present; position at a 90-degree angle (this hand is no longer sterile)
With your sterile dominant hand, state that you would cleanse the glans with antimicrobial cleanser using a circular motion from the meatus to the base of the glans; discard each applicator after use
Continue to hold the penis with non-dominant, non-sterile hand, perpendicular to the body and pull up gently
With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant
Instruct patient to take a deep breath, then bear down as you steadily insert the catheter, maintaining catheter sterility (about 2-3 inches) until urine is noted
Inflate balloon with water filled syringe; use total amount of solution
Once the balloon has been inflated, gently pull the catheter until the balloon is resting against the bladder neck; replace foreskin if retracted
State or secure the catheter to patient's upper thigh or lower abdomen with enough slack to allow for leg movement
Place drainage bag below level of bladder
Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant
Remove gloves and perform hand hygiene
Provide for patient comfort and safety
Document procedure

Introduction to Catheterization Check-Off

Male Straight Instructor Resource

PREPARATION:

Supplies:

- Provider Order
- Pediatric manikin -male anatomy
- Straight (Intermittent) Kit
- Lubricant for manikins
- Non-sterile clean gloves
- Hand sanitizer or access to sink
- Wipes for peri-care (optional)

After demonstration, have students practice catheterization on the male manikin using the following steps:

** Depending on the manikin used, students may have to verbalize some steps.

1.	Verify written order from provider	
2.	Gather supplies needed	
3.	Knock, enter room, and provide for privacy	
4.	Identify yourself by name and title (student nurse, medical assistant, etc.)	
5.	Wash your hands with sanitizer or soap and water	
6.	Identify patient by asking and verifying name and date of birth	
7.	Explain procedure to patient and ask if they have any questions	
8.	Assess for latex/iodine allergies, joint limitations for positioning, enlarged prostate or any history of previous difficulties with catheterization procedure	
9.	State or set bed to comfortable height, raise opposite side rail, lower side rail on working side	
10.	State asking for extra persons to assist if needed	
11.	State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately	
12.	Apply gloves, then wash, rinse, and dry perineal area	
13.	Remove gloves and wash your hands	
14.	Open the catheterization kit and use the wrapper to establish a sterile field	
15.	Apply sterile gloves	

Introduction to Pediatric Catheterization

16.	State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves	
17.	Place the fenestrated drape over the patient's perineal area with opening over penis being careful not to touch anything with sterile gloves	
18.	State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)	
19.	State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)	
20.	Place top and bottom tray from kit between patient's legs in front of perineal area	
21.	With your sterile gloved non-dominant hand, gently grasp the penis and retract the foreskin if present; position at a 90-degree angle (this hand is no longer sterile)	
22.	With your sterile dominant hand, state that you would cleanse the glans with antimicrobial cleanser using a circular motion from the meatus to the base of the glans; discard each applicator after use	
23.	Continue to hold the penis with non-dominant, non-sterile hand perpendicular to the body and pull up gently	
24.	With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant	
25.	Instruct patient to take a deep breath and bear down, as you steadily insert the catheter maintaining sterility of the catheter (about 6-8 inches) until urine is noted	
26.	Ensure end of catheter is over tray to catch urine; drain bladder	
27.	Have patient relax and slowly remove catheter	
28.	Measure urine output	
29.	Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant	
30.	Remove gloves and perform hand hygiene	
31.	Provide for patient comfort and safety	
32.	Document procedure	
	Total	

Optional: Evaluate student's ability to complete a catheterization using the above steps. You may score via points or via satisfactory/unsatisfactory.

Introduction to Pediatric Catheterization

Check-Off Male Straight

PART ONE: Practice catheterization on the male manikin using the following steps:

** Depending on the manikin used, you may have to verbalize some steps.

Verify written order from provider
Gather supplies needed
Knock, enter room, and provide for privacy
Identify yourself by name and title (student nurse, medical assistant, etc.)
Wash your hands with sanitizer or soap and water
Identify patient by asking and verifying name and date of birth
Explain procedure to patient and ask if they have any questions
Assess for latex/iodine allergies, joint limitations for positioning, enlarged prostate or any history of previous difficulties with catheterization procedure
State or set bed to comfortable height, raise opposite side rail, lower side rail on working side
State asking for extra persons to assist if needed
State patient is in supine position with legs bent, heels together, knees apart, and draped appropriately
Apply gloves, then wash, rinse, and dry perineal area
Remove gloves and wash your hands
Open the catheterization kit and use the wrapper to establish a sterile field
Apply sterile gloves
State or place sterile drape from kit shiny side down under the patient's buttocks without contaminating the center of the drape or gloves
Place the fenestrated drape over the patient's perineal area with opening over penis being careful not to touch anything with sterile gloves
State opening of betadine/antimicrobial cleanser (<i>iodine cannot be used on manikins</i>)
State emptying of lubricant into plastic tray (<i>lubricant in kit cannot be used on manikins; use instructor-provided lubricant</i>)

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Place top and bottom tray from kit between patient's legs in front of perineal area
With your sterile gloved non-dominant hand, gently grasp the penis and retract the foreskin if present; position at a 90-degree angle (this hand is no longer sterile)
With your sterile dominant hand, state that you would cleanse the glans with antimicrobial cleanser using a circular motion from the meatus to the base of the glans; discard each applicator after use
Continue to hold the penis with non-dominant, non-sterile hand perpendicular to the body and pull up gently
With the dominant, sterile, gloved hand, pick up the catheter and coat in lubricant
Instruct patient to take a deep breath and bear down, as you steadily insert the catheter maintaining sterility of the catheter (about 6-8 inches) until urine is noted
Ensure end of catheter is over tray to catch urine; drain bladder
Have patient relax and slowly remove catheter
Measure urine output
Dispose of waste and used supplies; provide cleaning if needed to remove any remaining antiseptic and lubricant
Remove gloves and perform hand hygiene
Provide for patient comfort and safety
Document procedure

[illegible]

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Name: _____ Class: _____

Introduction to Pediatric Catheterization Quiz

Select the best answer to the following multiple-choice questions:

1. Prolonged use of an indwelling catheter can put the patient at risk of which of the below conditions?
 - a. Urinary tract infection
 - b. Urinary retention
 - c. Enlarged prostate
 - d. Concentrated urine
2. What is the main difference between an indwelling catheter and a straight catheter?
 - a. Indwelling is used for a short amount of time
 - b. Straight does not have a balloon
 - c. Indwelling is an open drainage system
 - d. Straight has a bag attached
3. Which of the following is the correct size of a catheter for an adult patient?
 - a. 8 French
 - b. 10 French
 - c. 12 French
 - d. 14 French
4. The nurse needs to catheterize a patient. Which of the following should be verified?
 - a. Allergy to latex
 - b. History of joint replacement
 - c. Provider's order
 - d. All of the above
5. What is the most important consideration when catheterizing a patient?
 - a. Administering pain medication
 - b. Maintaining dignity
 - c. Allowing the presence of friends
 - d. Restricting fluids

Introduction to Pediatric Catheterization – Answer Key

1. Prolonged use of an indwelling catheter can put the patient at risk of which of the below conditions?

a. Urinary tract infection

- b. Urinary retention
- c. Enlarged prostate
- d. Concentrated urine

According to the CDC, the most important risk factor for developing a catheter-associated UTI (CAUTI) is the prolonged use of the urinary catheter.

2. What is the main difference between an indwelling catheter and a straight catheter?

a. Indwelling is used for a short amount of time

b. Straight does not have a balloon

- c. Indwelling is an open drainage system
- d. Straight has a bag attached

Indwelling catheters have a balloon to keep the catheter in place. It is a closed drainage system used for longer terms.

3. Which of the following is the correct size of a catheter for an adult patient?

- a. 8 French
- b. 10 French
- c. 12 French

d. 14 French

Common adult size is 14 to 16 Fr.

4. The nurse needs to catheterize a patient. Which of the following should be verified?

- a. Allergy to latex
- b. History of joint replacement
- c. Provider's order

d. All of the above

All of the above, along with allergies to betadine/iodine should be verified prior to the procedure.

5. What is the most important consideration when catheterizing a patient?

- a. Administering pain medication
- b. Maintaining dignity**
- c. Allowing the presence of friends
- d. Restricting fluids

Maintaining dignity is important for all patients, regardless of culture or religion.

Sources

1. Picture by By Olek Remesz (wiki-pl: Orem, commons: Orem) (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons from https://upload.wikimedia.org/wikipedia/commons/9/97/Foley_catheter_inflated_and_deflated_EN.svg
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