

Introduction to Catheterization (Focus on Empathy) Instructor Resource

READ the following:

Inserting a catheter into a patient's bladder is an invasive and uncomfortable procedure. It involves the health care personnel to touch and manipulate the patient's private parts in order to insert the catheter. Because of the equipment, amount of steps involved and 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 you would feel about having this procedure done?
- What fears could you have regarding this procedure?

If you were the health care personnel:

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

SHARE your thoughts with a peer

- *Patients can feel scared, nervous, embarrassed and violated. It is very important for the health care personnel to be professional and fully prepare the patient for the procedure. Fear can come from not knowing or trusting the health care personnel. Fear can also come from the equipment used (example: the length of the catheter) or lack of information about the procedure. The health care personnel should explain every step and let the patient know what he/she will be feeling before it happens.*
- *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 patient mentally. It is important to focus on the patient as well as the procedure.*
 - *Statements that can be used:*
 - *The health care provider has ordered a catheter for you. I will be inserting a thin flexible tube into your bladder to drain your urine.*
 - *The procedure will feel uncomfortable but should not be painful.*
 - *I will let you know what I am doing and what you will be feeling.*
 - *A member of the nursing staff will be present by your side during the procedure.*
 - *Do you have any questions?*

Introduction to Catheterization Check-Off

Female Straight Instructor Resource

PREPARATION:

Supplies:

- Provider Order
- Catheterization Female Models (may fill attached bladder with yellow water to simulate urine)
- Indwelling (Foley) kits
- Lubricant for models
- Non-sterile clean gloves
- Hand sanitizer or access to sink
- Wipes for peri-care (optional)

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

** Depending on the model 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 with name and title (student nurse, medical assistant, etc.).	
5.	Wash your hands with sanitizer or soap/water.	
6.	Identify patient by asking name and date of birth. Verify this information.	
7.	Explain the procedure to the 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 is draped appropriately.	
12.	Apply gloves. Wash, rinse and dry perineal area.	
13.	Remove gloves and wash your hands.	

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14.	Open the catheterization kit and use the wrapper to establish a sterile field.	
15.	Apply sterile gloves.	
16.	State or place the sterile drape from the 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 labia being careful not to touch anything with sterile gloves.	
18.	State opening of betadine/antimicrobial cleanser (<i>Iodine cannot be used on models.</i>)	
19.	State emptying of the lubricant into the plastic tray (<i>Lubricant in kit cannot be used on models – 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 of each applicator after use.	
23.	Continue to hold the 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 and bear down, as you steadily insert the catheter maintaining sterility of the catheter (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 the procedure.	
	Total	

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