

**CONTINENCE MODULE**  
**MINIMUM STANDARDS**  
**INDWELLING URINARY CATHETERISATION (SHORT & LONG-TERM)**

The minimum standards required for indwelling urinary catheterisation (both short and long-term and urethral and suprapubic) are outlined below

1. Knowledge base
2. Risk assessment
3. Catheter care
4. Infection control
5. Intermittent self catheterisation
6. Education
7. Training and supervision
8. References

**1. Knowledge base**

Learning outcomes

- To demonstrate an appropriate knowledge of anatomy and pathophysiology of the lower urinary tract
- To understand indications for catheterisation, including regular review
- To consider changes to management including route of catheterisation and whether catheterisation is still necessary
- To be able to reduce catheter associated risk including urinary tract infection
- To be able to educate patients to manage their appliances
- To be able to identify catheter related complications and manage appropriately
- To understand the impact of indwelling urinary catheterisation
- To understand the special requirements associated with intermittent self-catheterisation

**2. Assessment of the patient and catheter associated risks**

## Learning outcomes

To demonstrate an ability to assess the risks associated with insertion of indwelling urinary catheters

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	SfH competences
<p>Knowledge of ICS definitions of lower urinary tract dysfunction</p> <p>Knowledge of male and female anatomy and pathophysiology in relation to indwelling urethral catheterisation, supra-pubic catheterisation (SPC) and intermittent self catheterisation (ISC)</p> <p>Knowledge of morbidity and mortality associated with catheterisation</p> <p>Knowledge of national and local legislation, protocols and guidelines</p>	<p>Ability to elicit a focussed history from the patient and link this with knowledge of anatomy and type of lower urinary tract dysfunction</p> <p>Recognition of risk and ability to apply the correct measures to control and manage those risks</p> <p>Work within own scope of competence and to seek advice if situation beyond this scope</p> <p>Adherence to legislation, protocols and guidelines relevant to the clinical role and field of practice</p>	<p>Joint visits between learner and competent clinician</p> <p>Local education sessions</p> <p>e-learning modules</p>	<p>Direct observation or discussion</p>	<p>PE1</p> <p>CHS76</p> <p>EUSC1</p> <p>CHS39</p> <p>CHS40</p> <p>CHS83</p> <p>CHS41</p> <p>NPSA 2009</p> <p>ICI 2013</p>

### 3. Catheter care

## Learning outcomes

To demonstrate the ability to care for indwelling short and long-term catheters

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	SfH competences
<p>Knowledge of catheter care procedures</p>	<p>In all care settings clinicians will have the necessary knowledge and skill to care for a patient with an indwelling urethral catheter or</p>	<p>Attendance at national or local catheterisation education events</p>	<p>Professional portfolio</p>	<p>GEN6</p> <p>CC02</p> <p>RCN 2012</p>

	<p>SPC as follows:</p> <p>Assessing individual patients to ensure catheterisation is required and regularly re-evaluated</p> <p>Obtaining a catheter specimen of urine (CSU)</p> <p>Changing urinary drainage bags and valves, ensuring appropriate positioning and support</p> <p>Emptying a urine bag or catheter valve</p> <p>Meatal cleansing both prior to catheterization and as part of daily care</p> <p>Catheter insertion both urethral and supra-pubic (NB initial supra-pubic catheter insertion should be performed in secondary or tertiary care but subsequent changes can be undertaken in the community)</p> <p>Catheter removal, both urethral and supra-pubic</p> <p>Trial without catheter</p> <p>Management of catheter associated complications eg blockages / encrustation</p>		Direct observation	EPIC 2013
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#### 4. Infection control

Learning outcomes

To demonstrate knowledge of catheter associated urinary tract infections  
 To understand the causes of bacterial invasion of the urinary tract  
 To demonstrate ability to minimise breaches in infection control

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	SfH competences
Knowledge of the potential sources of infection  Knowledge of infection control policies  Knowledge of urinary tract infection definition and when treatment is needed	Ability and confidence to challenge the need for catheterisation and catheter usage  All staff involved in catheter care must have evidence of training  Ability to perform a risk assessment prior to catheterisation in all care settings  Aseptic non-touch technique (ANTT)  Hand washing technique  Adherence to local infection control policies	Direct observation of ANTT and hand washing  e-learning	Direct observation	IPC2 IPC7 IPC1 NICE 2012 NICE 2008 DoH 2006

### 5. Intermittent Self Catheterisation (ISC)

Learning outcomes

To demonstrate knowledge of intermittent self catheterisation  
 To understand the barriers to teaching patients to perform this  
 To demonstrate ability to teach patients the correct technique

Knowledge criteria	Clinical competence and Professional skills	Training support	Assessment	SfH competences
<p>Knowledge of indications for ISC and alternative management options</p> <p>Knowledge of different types of products available to patients</p> <p>Knowledge of the potential sources of infection</p> <p>Knowledge of and adherence to local infection control policies</p> <p>Knowledge of available resources for patients</p>	<p>Ability to teach patients / carers basic anatomy and catheterization using a clean technique</p> <p>Assess frequency of ISC and develop appropriate regimens for patients</p> <p>Recognise complications associated with ISC and manage appropriately</p> <p>Hand washing technique</p> <p>Ability to educate patients in line with their education and social / religious / psychological needs.</p> <p>Ability to adjust treatment regimen in line with assessments</p>	<p>Direct observation</p> <p>Education events on ISC</p>	<p>Direct observation</p>	

## 6. Education

Learning outcomes

To demonstrate ability with educating people using indwelling urinary catheters

Knowledge Criteria	Clinical Competence	Training support	Assessment	SfH competences
<p>Knowledge of lifestyle advice, maintaining catheter function, reducing infection and problem solving</p>	<p>Ability to educate and consult with patient and/or carer/family</p>	<p>Direct observation</p> <p>Direct supervision and feedback</p>	<p>Case based discussion</p>	<p>PE1</p>

## 7. Training and supervision

1. Training must initially be given under the supervision of an identified preceptor.
2. Within the first 12 months of practical training the trainee should attend a relevant theoretical course.
3. Written evidence of observations of clinical practice and formal testing of a minimum of 3 cases must be undertaken and completed to satisfaction of preceptor before trainee is deemed competent to practice unsupervised.
4. Attendance at a regular MDT to discuss interesting or challenging management of cases seen.

## 8. References

Skills for Health competences referenced in this document: [www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)

Ref number	Title
IPC 2	Perform hand hygiene to prevent the spread of infection
GEN 6	Prepare environments and resources for use during clinical/therapeutic activities
GEN 77	Perform first line calibration on clinical equipment to ensure it is fit for use (DRAFT)
IPC 7	Safely dispose of healthcare waste, including sharps, to prevent the spread of infection
CHS 6	Move and position individuals
CC 02	Insert and secure urethral catheters
IPC 1	Minimise the risks of spreading infection by cleaning and maintaining environments in health and social care settings

PE1	Enable individuals to make informed health choices and decisions
CHS 76	Obtain informed consent for interventions or investigations
EUSC1	Take a presenting history from an individual to inform assessment
CHS 39	Assess an individual with a suspected health condition
CHS40	Determine a diagnosis of an individual's health condition
CHS 83	Interpret and report on the findings of investigations
CHS 41	Develop and agree treatment plans for individuals

Indwelling Urinary Catheterisation Module  
Version 5: 23/02/2014

## **Further information for indwelling urinary catheterisation**

Access to e-learning modules 'Preventing Healthcare-Associated Infections Associated with Long-term Urinary Catheters' & 'Preventing Healthcare-Associated Infections Associated with Short-term Urinary Catheters' <http://www.nsahealth.org.uk/>

All medical devices and medicinal products containing chlorhexidine have been identified as being a risk for anaphylactic reaction. <http://www.mhra.gov.uk/Publications/Safetywarnings/MedicalDeviceAlerts>

**Abrams P, Cardozo L, Khoury S & Wein A (2013)** (Editors) Incontinence: 5th International Consultation on Incontinence; 5<sup>th</sup> Edition

**Department of Health (2006)** Essential Steps to safe, clean care: urinary catheter care Department of Health, London

**Hagen S, Sinclair L & Cross S (2010)** Washout policies in long-term indwelling urinary catheterisation in adults Cochrane Database of Systematic Reviews Issue 3, Art No: CD004012.DOI:10.1002/14651858.CD004012.pub4.

**Loveday H P, Wilson J A, Pratt R J, Golsorkhi M, Tingle A, Bak A, Browne J, Prieto J, Wilcox M (2013)** epic3 National Evidence-Based Guidelines for Preventing Healthcare-Associated Infections in NHS Hospitals in England Richard Wells Research Centre, University of West London (London)

**NICE (2012)** Infection Control: Prevention of healthcare-associated infection in primary and community care; Clinical Guideline 139; National Institute for Clinical Excellence

**NICE (2008)** Prophylaxis against infective endocarditis: Antimicrobial prophylaxis against infective endocarditis in adults and children undergoing interventional procedures; Clinical Guideline 64; March; National Institute for Clinical Excellence

**NPSA (2009)** Female urinary catheters causing trauma to adult males Rapid Response Report (NPSA/2009/RRR02) National Patient Safety Agency

**RCN (2012)** Catheter Care: RCN guidance for nurses Royal College of Nursing