

Clean Intermittent Catheterization

In 1990 the Louisiana Legislature enacted R.S. 17:435, Act 1048 to provide training of school employees to perform Clean Intermittent Catheterization of students. The intent of this legislation and those that followed in 1991, 1992, 1995, 2008 and 2009 is to ensure the health and safety of students who require non-complex health procedures while in school. Clean Intermittent Catheterization is considered a non-complex health procedure.

General Information

A. Functions of urinary tract system

1. Anatomy of Urinary Tract

- a) KIDNEYS - paired organs, purple brown in color, situated at the back of the abdominal cavity, one on each side of the spinal column. Their function is to excrete urine and help regulate fluids in the body
- b) URETER - 2 tubes that carry urine from the kidney to the bladder; right and left side.
- c) BLADDER - muscular membrane sac, capable of distending and contracting, that holds urine.
- d) URETHRA - a tube that carries urine from the bladder to the outside of the body.
- e) SPHINCTER - a plain muscle at opening of bladder into urethra.
- f) MEATUS - opening to outside of the body from urethra.

2. Normal Bladder Function

When a normal functioning bladder is full, nerve signals from the bladder causes it to contract and empty. When normal sensation and motor function is present a person can stop the bladder from emptying by voluntarily contracting urinary sphincter muscle and pelvic muscles (i.e., "holding it")

3. Impaired bladder function: (neurogenic bladder)

- a) Neurogenic bladder - a bladder disturbance due to disease or disorders of bladder function. This can be caused by:
 - spinal cord injuries;
 - diseases such as diabetes, multiple sclerosis;
 - birth defects such as spina bifida; OR
 - infection such as many repeated urinary tract infection (UTI) and cancer
- b) A person with a neurogenic bladder has limited or no control over emptying the bladder.
- c) Involuntary muscle contractions of the bladder can cause emptying at anytime. The sphincter muscle does not work with the bladder muscle and therefore may cause constant dribble of urine or incomplete emptying of the bladder.
- d) If a bladder fails to empty properly, this provides a warm moist environment for bacteria to grow and cause infection as well as more damage to the bladder muscles from over-distention and a reflux of urine toward the kidneys.
- e) A student with a neurogenic bladder:
 - does not sense bladder fullness;
 - cannot voluntarily control bladder emptying

- has limited, if any, sensation of wetness when the bladder overflows or automatically empties

B. General Guidelines for Catheterization

1. For those:
 - a) Who have difficulty emptying the bladder.
 - b) With overflow incontinence
 - c) With Neurogenic bladder – nerves that stimulate bladder do not function properly – associated with myelodysplasia (spina bifida) and other conditions, such as spinal cord injuries.
2. To prevent UTI and urinary incontinence.

C. Purpose

- (CIC) is a procedure used to empty the bladder.

D. When to perform CIC

- Perform every few hours.

E. Potential Problems Resulting from Catheterization

1. Absence of urine during catheterization
2. Urine which is cloudy in color, foul smelling, or which contains mucous or blood
3. Bleeding from urethral opening
4. Difficulty inserting urinary catheter

F. Equipment/Supplies

1. Lubricant – water soluble – as directed in physician's order
2. Catheter – type & size as indicated in physician's order
3. Cleansing supplies (i.e. Betadine and cotton balls or baby wipes)
4. Container
5. Gloves

PROCEDURE FOR CLEAN INTERMITTENT CATHETERIZATION (CIC)

Essential Steps	Key Points and Precautions
<p>1. Preparation</p> <ul style="list-style-type: none">a) Wash handsb) Explain procedure to student.c) Have student perform as much of procedure as possible with supervision as needed.d) Gather supplies<ul style="list-style-type: none">▪ Lubricant▪ Catheter▪ Cleansing supplies▪ Container▪ Gloves	<p>Universal precautions. Aids in reducing anxiety, encourages cooperation, and fosters independence</p> <p>Ensures smooth procedure, saves time. As indicated in physician's order</p>
<p>2. Procedure</p> <ul style="list-style-type: none">a. Position the student for catheterizationb) Arranges equipmentc) Don clean glovesd) Lubricate catheter with prescribed water soluble lubricant and set aside without contaminating cathetere. Clean:<ul style="list-style-type: none">▪ <u>For females</u> – separate the labia (lips) and hold open with finger. Cleanse, in a direction from the top of the labia toward the rectum. Wash three times, once down each side and once down the middle. Use a clean cotton ball each time.▪ <u>For males</u> – clean the penis below the glans at a 45 degree angle. If not circumcised, retract the foreskin. Wash the glans with soapy cotton balls or other agent as prescribed. Begin at the urethral opening; in a circular manner, wash away from the meatus. Repeat twice. Use a clean cotton ball each time you wash the penis.	<p>i.e. On the toilet, in wheelchair with hand held urinal, on changing table Universal precautions Lubrication reduces irritation to the tissue. (Some catheters are self-lubricating)</p> <p>To reduce risk of introducing bacteria into urinary tract.</p>

PROCEDURE FOR CLEAN INTERMITTENT CATHETERIZATION (page 2 of 2)

Essential Steps	Key Points and Precautions
<ul style="list-style-type: none">f. Insert the catheter until there is a good flow of urine then advance another half inch more. Rotate the catheter so that catheter openings have reached all areas of the bladder. Have the student bear down a couple of times while the catheter is in place.g. <u>Student specific</u> – if prescribed, gently press on bladder to empty.h. When the bladder is completely empty, pinch catheter and withdraw slowly.i. Note color and appearance of urine.j. Measure urine volume if ordered. Dispose of urine and wash and put away receptacle (if reusable).k. Remove gloves and wash hands. Assist student in washing his/her hands.l. Document procedure and amount of urine on procedure log.	<p>Urine should be a clear pale yellow color. Notify parent and school RN if cloudy, foul smelling, or presence of blood noted.</p> <p>Universal precautions.</p>

Female Catheterization Skills Checklist

[] Initial [] Review

Student's Name: _____ Date of Birth: _____

Person Trained: _____ Position _____

	Demo Date	Return Demonstration				
		Date	Date	Date	Date	Date
Information (Verbal Recall)						
1. Defines-Procedure to empty bladder of urine						
2. Completes at _____ o'clock (In emergency complete earlier rather than later.)						
3. Completes where _____. (Consider privacy and access to bathroom.)						
4. Position for catheterization:						
Identifies Equipment:						
1. Type & size of catheter according to physician's orders						
2. Lubricant as ordered						
3. Urine receiving receptacle						
4. Cleaning material as ordered						
Identifies body parts:						
1. Labia Majora						
2. Labia Minora						
3. Meatus						
4. Position of Urethra						
Procedure						
1. Washes hands and gathers equipment						
2. Positions student for catheterization						
3. Arranges equipment for procedure						
4. Puts on clean gloves						
5. Lubricates catheter and places on barrier on clean surface						
6. Cleans:						
a) Prepares cleaning materials						
b) Opens labia minora & majora						
c) Cleans from front of folds to back of meatus						
d) Uses swab only once						
e) Wipes a minimum of 3 times						
7. Grasps catheter about 3 inches from tip						
8. Inserts into urethra until urine begins to flow						
9. Advances ½ inch more						
10. Allows urine to flow by gravity into urine receiving receptacle.						
11. <u>Student Specific:</u> Gently press on bladder to empty (This needs to be prescribed for each student)						
12. Removes catheter slowly when urine stops						
13. Stops and waits until all urine has drained						

Female Catheterization Skills Checklist (page 2 of 2)

14. Dries and dresses							
15. Washes equipment and puts used catheter into designated container.							
16. Reports any problems to parents							

Comments: _____

Overall Rating: ___ **PASS** *Successful completion of a minimum of five demonstrations with 100% accuracy.*
 ___ **FAIL** *Practical must be repeated. Trainer must complete Summary of Skills Form and attach to this checklist.*

Date

School RN Signature

Date

Employee Signature

Male Catheterization Skills Checklist

[] Initial [] Review

Student's Name: _____ Date of Birth: _____

Person Trained: _____ Position _____

	Demo Date	Return Demonstration					
		Date	Date	Date	Date	Date	Date
Information (Verbal Recall)							
1. Defines-Procedure to empty bladder of urine							
2. Completes at _____ o'clock (In emergency complete earlier rather than later)							
3. Completes where _____. (Consider privacy and access to bathroom.)							
4. Position for catheterization:							
Identifies Equipment:							
1. Type of catheter as ordered							
2. Lubricant as ordered							
3. Urine receiving pan							
4. Cleaning material as ordered							
Identifies body parts:							
1. Scrotum							
2. Foreskin							
3. Meatus							
4. Glans							
Procedure							
1. Washes hands and gathers equipment							
2. Positions student for catheterization							
3. Arranges equipment for procedure							
4. Puts on clean gloves							
5. Lubricates catheter and places on barrier on clean surface							
7. Cleans:							
a) Prepares cleaning materials							
b) Retracts foreskin (if needed)							
c) Holds penis at right angle from body							
d) Pulls penis straight							
e) Cleans meatus and glans							
f) Uses swab only once							
g) Wipes a minimum of 2 times							
8. Grasps catheter about 4 inches from tip							
9. Inserts well-lubricated catheter into penis with consistent pressure (if muscle spasm occurs, stop and proceed slowly). NEVER FORCE A CATHETER.							
10. When urine begins to flow, insert ½ inch more.							
11. Allows urine to flow by gravity into urine receiving receptacle.							

Male Catheterization Skills Checklist (page 2 of 2)

12. <u>Student Specific:</u> Gently press on bladder to empty if prescribed.							
13. Removes catheter slowly when urine stops							
14. Stops and waits until all urine has drained							
15. Dries and dresses							
16. Washes equipment and puts used into designated container.							
17. Reports any problems to parents							

Comments: _____

Overall Rating: **PASS** *Successful completion of a minimum of five demonstrations with 100% accuracy*
 FAIL *Practical must be repeated. Trainer must complete Summary of Skills Form and attach to this checklist.*

Date

School RN Signature

Date

Employee Signature