

#50 - INSERTING AN INDWELLING URINARY CATHETER IN A FEMALE**(TEST)**

I acknowledge I have physically practiced and successfully learned the following skill(s):

Student: _____ Date: _____

TIME LIMIT: 30 Minutes

***Must complete ICP Before Testing**

| | P2 | P3 | TEST | Points/ Comments |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|------|---------------------|
| 1. Verified the health care provider's orders. Reviewed the medical record for any issues that may hinder the procedure. | | | | * |
| 2. Performed hand hygiene. | | | | * |
| 3. Provided for the patient's privacy. | | | | * |
| 4. Introduced self to the patient and family. | | | | * |
| 5. Identified the patient using two identifiers. | | | | * |
| 6. Explained the physician's order, and described the insertion procedure to the patient. | | | | 2 |
| 7. Applied gloves. Examined the patient by palpating the patient's bladder for distention. | | | | 1 |
| 8. Gathered the necessary equipment and supplies. Used the smallest-sized catheter possible. | | | | 1 |
| 9. Performed hand hygiene. | | | | * |
| 10. Raised the bed to a comfortable working height. Adjusted side rails accordingly. Lowered the head of the bed to a comfortable position. | | | | 2 |
| 11. Draped the patient for privacy. Placed a waterproof pad under the patient. | | | | 2 |
| 12. Positioned the patient. | | | | 3 |
| a. Helped the patient into the dorsal recumbent position. Asked the patient to relax her thighs. | | | | |
| b. Alternatively, helped the patient into the side-lying position. Ensured that the rectal area was covered with a drape. Supported the patient with pillows if necessary. | | | | |
| c. Draped the patient's upper and lower body. | | | | |

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| 13. Applied clean gloves. Washed the perineal area with soap and water, rinsed, and dried. Cleansed the labia and urinary meatus, working from the clitoris toward the anus. | | | * |
| 14. Examined and identified the urinary meatus. | | | 1 |
| 15. Pulled the covers over the perineum. Removed and discarded gloves. | | | * |
| 16. Removed the outer wrapping of the catheterization kit. Placed the inner catheter kit tray on a clean surface. | | | 1 |
| 17. Opened the inner sterile wrap using sterile technique. | | | * |
| 18. Draped the patient's perineum: a. Picked up the square drape, and allowed it to unfold without touching unsterile surfaces. Allowed the top edge of the drape to form a cuff over both hands. Placed the drape with the shiny side down on the bed between the patient's thighs. Slipped the cuffed edge just under the patient's buttocks while asking the patient to lift her hips. b. Applied sterile gloves. c. Picked up the fenestrated sterile drape. Allowed the drape to unfold without touching un-sterile surfaces. Allowed the top edge of the drape to form a cuff over both of hands. Draped this item over the patient's perineum, exposing her labia. (optional) | | | * |
| 19. Placed the sterile tray on the sterile drape. Arranged all of the supplies on the sterile field, maintaining sterility of gloves. (A straight catheterization kit does not contain a drainage bag.) a. Opened the packet of lubricant, and squeezed it out onto the sterile field. b. Opened the package of sterile antiseptic solution. Poured the solution over the sterile cotton balls. Opened the end of the package for easy access. c. Opened the inner sterile wrapper of the catheter. If using a closed system kit, removed the tray with the catheter and the attached drainage bag, and placed them on the sterile drape. Made sure the clamp on the drainage port of the bag was closed. If using an open system, attached the catheter to the drainage tubing. d. Lubricated the catheter. | | | * |
| 20. Cleansed the patient's urethral meatus: a. Separated the labia with the fingers of nondominant hand to fully expose the urinary meatus. b. Used forceps to hold one cotton ball or swab stick at a time. Cleansed the labia and urinary meatus from the clitoris toward the anus. Used a new cotton ball or swab for each area. Appropriately disposed the used cotton balls or swabs without contaminating the sterile field. | | | 2 |

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| 21. Picked up and held catheter 7.5 cm to 10 cm from the catheter tip, with the distal end of the catheter loosely coiled in palm. | | | 1 |
| 22. Inserted the catheter: | | | 3 |
| a. Asked the patient to gently push the perineum down gently, while slowly inserting the catheter through the urethral meatus. | | | |
| b. Advanced the catheter until urine flowed through the tubing. | | | |
| c. After visual confirmation of urine return into the tubing, continued to advance the catheter. | | | |
| 23. Released the patient's labia, while maintaining a secure hold of the catheter with nondominant hand. | | | 2 |
| 24. Inflated the catheter balloon with the amount of fluid designated by the manufacturer: | | | * |
| a. With dominant hand, connected the prefilled syringe to the injection port at the end of the catheter. | | | |
| b. Slowly injected the total amount of solution. | | | |
| c. After inflating the catheter balloon, released the catheter. Gently pulled the catheter until resistance was felt. Then advanced the catheter slightly. | | | |
| d. Removed sterile gloves and applied clean gloves. | | | |
| e. Connected the drainage tubing to the catheter. | | | |
| 25. Secured the indwelling catheter with a catheter strap or other securement device. Left enough slack to allow leg movement. Attached the securement device. | | | 2 |
| 26. Secured the catheter tubing to the patient's inner thigh, allowing enough slack to prevent tension. | | | 2 |
| 27. Positioned the drainage bag lower than the bladder by attaching it to the bed frame. | | | 1 |
| 28. Coiled any excess tubing on the bed, and fastened it to the bottom sheet with a clip or other securement device. Checked to make sure the urine flow is unobstructed. | | | 2 |
| 29. Provided hygiene as needed. Helped the patient into a comfortable position, and placed toiletries and personal items within reach. | | | 2 |
| 30. Placed the call light within easy reach, and made sure the patient knew how to use it to summon assistance. | | | * |
| 31. Disposed of supplies in the appropriate receptacles. | | | 1 |
| 32. Removed and disposed of gloves. Performed hand hygiene. | | | * |

