

CATHETER CARE, INDWELLING URINARY

PURPOSE:

1. To prevent infection, odor and skin irritation
2. To maintain resident comfort

EQUIPMENT:

1. Waterproof bed pad
2. Mild soap and a basin of warm water or perineal cleanser/wash solution (no rinse)
3. Wash cloth (cloth or disposable) and towel
4. Disposable gloves

PROCEDURE:

1. Gather and assemble equipment
2. Identify the resident, introduce yourself and provide privacy (pull the privacy curtain)
3. Position the resident on back if possible
4. Put on disposable gloves, place waterproof bed pad under the resident
5. Cover the resident with a sheet, and then draw up the cover/sheet to expose the perineal area and catheter.
6. Cleanse the genitalia by washing front to back with soap and water or the perineal wash on wash cloth.
 - For the Female Resident:
 - Separate the labia with the thumb and forefinger of the non dominant hand and cleanse the area with the other hand, using the wash cloth in downward strokes around the catheter insertion site.
 - Fold or turn the wash cloth to allow for a clean surface for each stroke.
 - Next cleanse the catheter itself from the insertion site outward 3-4 inches from the insertion site. (Do not wipe the catheter down towards the genitalia, always away assuring a clean surface of the wash cloth with each stroke).
 - For the Male Resident:
 - Hold the penis with the non dominant hand, retract the foreskin if needed and cleanse the area with a circular motion always cleaning away from the catheter insertion site using a clean surface of the wash cloth with each stroke.
 - Then cleanse the catheter tubing starting at the insertion site outward 3-4 inches from the insertion site. (Do not wipe the catheter tubing down towards the urethral opening).
7. If soap and water used, rinse the area and catheter using the same technique with a clean wash cloth and fresh water and dry the area gently.
8. Remove the bed pad, then remove gloves and wash hands before touching the resident or other objects in the room.

NOTE: If resident's bed needs to be placed in lowest position for safety, remove gloves and lower bed. Then wash hands before touching the resident or other objects in the room.