

X Healthcare: How to Provide Routine Indwelling Urinary Catheter Care

Policy Number 7

Introduction

This document outlines the guidelines for providing routine indwelling urinary catheter care within X Healthcare. Adherence to these procedures is essential to prevent infections and ensure patient comfort and safety.

Supplies Needed

- Clean gloves
- Soap and water or antiseptic wipes
- Washcloth
- Towel
- Measuring container (if output needs to be measured)

Procedure

Hand Hygiene

1. Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer before and after the procedure.
2. Put on clean gloves.

Perineal Care

1. Gently clean the area around the urinary catheter insertion site and the perineum using soap and water or antiseptic wipes.
2. Use a clean washcloth or wipe for each cleaning stroke, moving from front to back.
3. Rinse the area with water and pat dry with a clean towel.

Catheter Maintenance

1. Ensure the catheter drainage bag is always below the level of the bladder to prevent urine backflow.
2. Keep the catheter tubing free of kinks and obstructions.
3. Do not disconnect the catheter from the drainage bag unless necessary and following proper aseptic technique.
4. Empty the drainage bag regularly, recording the urine output if required.

Monitoring

1. Observe the urine for color, clarity, and odor. Report any abnormalities to the healthcare provider.
2. Monitor the catheter insertion site for signs of infection, such as redness, swelling, or discharge.
3. Check for any patient discomfort or complaints related to the catheter.

Documentation

1. Document the procedure, including the time, any observations, and patient tolerance in the patient's medical record.
2. Record urine output if it is being monitored.

Precautions

- Avoid pulling or tugging on the catheter.
- Do not irrigate the catheter unless specifically ordered by a physician.
- Encourage fluid intake as appropriate unless contraindicated.
- Report any signs of infection, blockage, or leakage immediately to the healthcare provider.

Contact Information

For any questions or concerns, please contact the Nursing Supervisor at [Phone Number] or [Email Address].