

# RUSH Nurse Checklist: Ostomy & Catheter Care Competency

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This checklist is to be completed and submitted by all nurses providing care related to ostomies and urinary catheters. Please check off each skill once you have demonstrated or reviewed competency.

## Ostomy Care Checklist

Identify and explain different types of ostomies (colostomy, ileostomy, urostomy)

Perform hand hygiene and don clean gloves

Inspect peristomal skin for irritation or breakdown

Empty ostomy pouch correctly

Change ostomy appliance using clean technique

Apply appropriate barrier cream or paste as needed

Document stoma output, color, consistency, and any abnormalities

Provide patient education on ostomy care and appliance usage

Dispose of waste properly and maintain infection control standards

## Catheter Care Checklist

Verify catheter type and need for ongoing use

Perform hand hygiene and don clean gloves

Assess catheter site for signs of infection or irritation

Perform routine catheter care (cleansing around meatus with soap and water)

Secure catheter tubing properly to avoid pulling

Ensure drainage bag remains below the level of the bladder

Empty and measure urine output from drainage bag using clean technique

Educate patient on signs of infection or when to seek medical attention

Document catheter care, urine characteristics, and any concerns

Nurse Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_