



	<b>West Limerick Independent Living CLG Policies</b>				
<b>Title:</b>	<b>CATHETE CARE POLICY</b>				
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Category: Operational Policies

Subject: Catheter Care Policy (Standard Procedure Emptying Urinary Catheter Bag)

Responsible for Review of this Policy: West Limerick Independent Living CLG Board

### **Purpose**

The purpose of this standard procedure is to ensure safe practice during the emptying of a urinary catheter bag by West Limerick Independent Living Staff.

### **Scope**

All West Limerick Independent Living Staff may require to provide catheter care.

### **Responsibility**

It is the responsibility of all staff who manage catheter care to follow this standard procedure. It is responsibility of Service Area Coordinators to ensure Staff are familiar with the standard procedure and to monitor compliance.

### **Definitions**

N/A

### **Procedure**

#### Equipment

- Gloves
- Alcohol wipes / paper towel
- Jug preferably with cover (use paper towel if not)

#### **Procedure:**

- Wash and dry hands thoroughly
- Apply gloves
- A separate clean container is used at the time of bag emptying. Contact between drainage tap and container is avoided. Gloves are worn to empty drainage bags and changed after hand washing.
- Explain the procedure to service user. Ensure the privacy and comfort of service user.
- Take all equipment to the service user or take the service user to an appropriate area i.e. bathroom depending on the choice of the service user.
- Protect clothing and surrounding area from spillage.
- Position the jug under the drainage port, (if the drainage bag is on a stand it does not need to be removed).
- DO NOT ALLOW THE PORT TO TOUCH THE JUG.
- Open the port to empty the bag.
- Close the port when bag is empty.
- Wipe the port with an alcohol swab or paper towel to prevent dripping or build-up of contamination (Nicoll et al., 2004).
- Reposition the catheter bag as necessary to ensure the drainage port is not touching the floor and the tubing is not bent or kinked.



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- Engage with the service user to ensure they are comfortable.
- Cover the jug and take to the bathroom.
- Observe the amount of urine, colour, odour, and the presence of blood clots or white thread like particles.
- Discard the urine and thoroughly wash the jug.
- Remove and discard gloves.
- Wash and dry hands thoroughly.
- Record the amount of urine and other observations noted above in the service user notes
- Report any concerns to the PHN, PSS Coordinator.

### **Trouble Shooting Catheter Care Key Points**

This information applies only to suprapubic or indwelling urinary catheters. If there is no urine draining into the bag, take the following steps:

This can happen if there are kinks in the catheter or the drainage bag tubing. Firm fitting underwear can sometimes cause kinks; therefore, males are advised to wear loose fitting underwear. Check for and remove any kinks in the catheter or the drainage bag tubing.

Check the position of your catheter and drainage bag. Ensure the bag is positioned below your bladder when you are lying, sitting or standing.

Check that the leg bag straps are fitted correctly and are not causing drainage bag obstruction.

It could also be that your catheter is blocked. CATHETER BLOCKAGE IS AN EMERGENCY AND NEEDS TO BE FIXED AS SOON AS POSSIBLE BY A MEDICAL PROFESSIONAL. (Do not attempt to free the blockage yourself)

You will need to visit your local emergency department immediately if you have performed the above checks and you:

- have abdominal discomfort
- are feeling the need to pass urine
- are unable to feel bladder fullness
- If you are not experiencing abdominal discomfort, or the urge to urinate, increase your fluid intake. Drink 2 glasses of water immediately and if there is no urine drainage after 30 minutes contact your GP or go to an emergency department

Daily bathing or showering is encouraged

A closed drainage system is maintained as far as possible. Maintaining a closed drainage system reduces the risk of catheter-related infection (Kunin, 1997)

### **References:**

- Mallett, J & Dougherty, L. (2000) The Royal Marsden Hospital Manual OF Clinical Nursing Procedures, Blackwell Publishing, Oxford
- Nicol. M., Bavin, C., Bedford Turner, S., Cronin, P. & Rawlings-Anderson, K. (2004). Essential Nursing Skills, Mosby, United Kingdom.
- Catheter Care, RCN Guidance for NURSES 2008