

AIM

To have an understanding of the process and necessity of catheterisation

DURATION

Full Day (6 hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand anatomy of male & female urinary systems
- Know who can perform catheterisation, and when
- Be aware of conditions that necessitate catheterisation
- Know the different forms of catheterisation
- Understand how catheterisation is performed upon both the male and female anatomy
- Recognise the dangers of catheterisation
- Be aware of the symptoms of infections and haematuria
- Understand which documents will need to be filled
- Know how to correctly assess and record the fluid balances of patients
- Understand the procedure to take a urinalysis test

LESSONS AND TOPICS

Catheterising Bladders

- When should Catheterisation be done?
- Who can perform Catheterisation?
- Competency and Training
- The Anatomy and Physiology of the Male and Female Urinary Systems

Clinical Justifications

- Short-Term Urinary Catheter
- Long-Term Urinary Catheter
- Permanent Urinary Catheter
- Other Uses
- Urinary Retention

Choice of Catheter

- External Vs. Indwelling Catheters
- Intermittent Catheters Vs. Indwelling Catheters
- Suprapubic Catheters
- Collection Methods

Suprapubic Catheterisation

- Indications for Suprapubic Catheterisation
- Inserting Suprapubic Catheters
- Keeping Suprapubic Catheters Clean
- Supporting those with Suprapubic Catheters

Types of Catheter

- Overview
- Foley Catheters
- Materials
- Contraindications
- Indications
- Sizing
- Drainage Systems

Ethics

- Dignity
- Consent
- Capacity

Infection Control

- Your Role
- Hand Washing
- Aseptic Technique

The Procedure of Catheterisation

- Technique
- Male Catheterisation
- Female Catheterisation
- Suprapubic Catheterisation

Complications and Infections

- Combating Infection
- Urinary Tract Infections
- Signs of Infection
- Haematuria

Documentation and Catheterisation

- The Documents

Calculating and Documenting Fluid Balances

- What is Fluid Balance?
- 5 Key Points
- Dehydration
- Inadequate Fluid Intake Causes
- When we should check someone's Fluid Balance

Urinalysis Testing

- Urine Testing
- Urinalysis Testing Procedure
- What do the Findings mean?
- Recording and Reporting Findings