

Continence and Catheter Care



AIM

To be able to provide effective care for those with catheters and / or incontinence

DURATION

Half Day Course (3 hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Recognise the roles and responsibilities of colleagues regarding catheter care
- Understand different types and causes of incontinence
- Be aware of the risks associated with incontinence
- Recognise the indications for urinary catheterisation
- Know the different types of urinary catheters
- Understand the importance of aseptic techniques, handwashing and PPE
- How to use leg bags safely
- How to maintain dignity, choice, and independence for those with urinary catheters
- Recognise the signs and symptoms of infections and complications
- Understand how they are treated
- Understand why and when fluid balances are undertaken

LESSONS AND TOPICS

Roles and Responsibilities

- Nurses
- Nursing Students
- Care Staff

Safeguarding, Choice and Dignity

- Promoting Independence
- Maintaining Dignity
- Mental Health

Introduction to Catheters

- Bladder Function and Continence
- Types and Causes of Urinary Incontinence
- Risks of Incontinence
- What are Catheters
- Indications for Catheterisation
- Types of Catheters

Complications and Infections

- Cleaning the Catheter Site
- Combating Infection
- Urinary Tract Infections
- Signs of Infection
- Haematuria
- Treatments

Hygiene and PPE

- Aseptic Techniques
- Handwashing Technique
- Personal Protective Equipment

Calculating and Documenting Fluid Balances

- What is Fluid Balance?
- Dehydration
- When should we check someone's Fluid Balance?

Drainage Bags

- Leg Bags
- Placing Leg Bags
- Emptying Leg Bags
- Changing Leg Bags
- Night Bags
- Drainage Bag Problems