

AIM

To be able to provide effective care and support for those who self-catheterise

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Understand your role in supporting people with catheters
- Understand different types and causes of incontinence
- Be aware of the risks associated with incontinence
- Recognise the indications for self-catheterisation
- How to maintain dignity, choice, and independence for those with urinary catheters
- Understand the importance of aseptic techniques, handwashing and PPE
- Know how intermittent catheters are used
- Be able to support those using intermittent 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

- The Person
- Carers

Incontinence

- Bladder Function and Continence
- Types and Causes of Urinary Incontinence
- Risks of Incontinence

Choice of Catheter

- What Are Catheters?
- Indications for Self-Catheterisation
- Intermittent Catheters

Safeguarding, Choice and Dignity

- Promoting Independence
- Maintaining Dignity
- Capacity Assessment

Hygiene and PPE

- Aseptic Techniques
- Handwashing Technique
- PPE

The Procedure

- Preparation
- Insertion
- Drainage
- Removal
- Disposal
- Supporting the process

Infections and Complications

- Cleaning the Catheter Site
- Combating Infection
- Signs of Infection
- Haematuria
- Treatment for Infections

Fluid Balances

- What is Fluid Balance?
- When We Should Check Someone's Fluid Balance?