PERFORMANCE CHECKLIST FOR PERFORMING INTERMITTENT STRAIGHT CATHETERIZATION

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1. Verified the health care provider’s orders. Checked the patient’s plan of care for the size and type of catheter to use if this is a reinsertion. Used the smallest catheter size possible. Verified any allergies.

2. Performed hand hygiene.

3. Provided for patient privacy.

4. Introduced self to the patient and family.

5. Identified the patient using two identifiers. Compared the identifiers to the patient’s medical record.

6. Gathered the necessary equipment and supplies.

7. Raised the bed to an appropriate working height. If side rails are in use, raised the rail on the opposite side of the bed and lowered the rail on the working side.

8. Placed a waterproof pad under the patient.

9. Performed intermittent straight catheterization for a female patient:

   A. Helped the patient into the dorsal recumbent position.
      Asked her to relax her thighs.

   B. Draped a bath blanket in a diamond fashion, with the corners at the patient’s midsection, thighs, abdomen, and perineum.

   C. Applied gloves, and washed the perineum with soap and water. Rinsed and dried the area.
D. Examined the patient to identify the urinary meatus. If needed, positioned a light to illuminate the patient’s genitals, or asked an assistant to hold a light source.

E. Removed and discarded gloves.

F. Performed hand hygiene.

G. Opened the outer wrapping of the catheterization kit.
   Opened the inner, sterile wrap using sterile technique.

H. Draped the female patient’s perineum:
   1) Picked up the square drape and allowed it to unfold without touching any unsterile surface. Allowed the top edge of the drape to form a cuff over both hands. Placed the drape, with the shiny side down, on the bed between the patient’s thighs. Asked the patient to lift her hips, and slipped the cuffed edge just under the patient’s buttocks. Did not touch any contaminated surface.
   2) Put on sterile gloves.
   3) If kit contains a fenestrated sterile drape, allowed the drape to unfold without touching any unsterile surface. Allowed the top edge of the drape to form a cuff over both hands. Covered the patient’s perineum with the drape, leaving her labia exposed.

I. Arranged supplies on the sterile field, maintaining sterility of gloves.

J. Opened the packet of lubricant. Lubricated the catheter.

K. Opened the package of sterile antiseptic solution.
   Poured the solution over the sterile cotton balls.
L. Cleansed the female patient’s urethral meatus:

1) With the fingers of nondominant hand, separated the labia to fully expose the urinary meatus.

2) Maintained the position of the nondominant hand throughout the procedure.

3) Used forceps to hold one cotton ball or swab at a time. Cleaned the labia and urinary meatus, moving from the clitoris toward the anus. Used a new cotton ball or swab for each area cleaned. Began with the far labial folds, then moved to the near labial folds, and then worked directly over the center of the urethral meatus.

M. Picked up the catheter 7.5 to 10 cm from the tip, with the catheter tube loosely coiled in the palm of the hand.

N. Positioned the urine tray so the urine will drain into it.

O. Inserted the catheter through the urethral meatus.

Advanced the catheter a total of 5 to 7.5 cm or until urine flows out of the catheter. Released the labia, but held the catheter securely with nondominant hand.

P. Collected a urine specimen, if ordered. Filled the specimen container to the desired level by holding the end of the catheter in dominant hand over the collection container.

Q. Allowed the patient’s bladder to empty fully, unless agency’s policy restricts the maximum volume of urine to be drained when straight-catheterizing a patient.

R. When the patient’s urine stops flowing, withdrew the
catheter slowly and smoothly until it has been withdrawn completely.

10. Performed intermittent straight catheterization for a male patient:

A. Positioned the patient supine.

B. Draped the male patient:
   1) Draped his upper body with a small sheet or towel.
   2) Draped the lower body with a separate sheet or bath blanket, so that only the perineum is exposed.

C. Performed perineum care.

D. Opened the sterile straight catheterization kit.

E. Draped the patient’s perineum:
   1) Picked up the square drape and allowed it to unfold without touching any sterile surface.
   2) Placed this drape over the patient’s thighs, with the shiny side down, just below the penis.

F. Applied sterile gloves.

G. Placed the sterile tray and the prepared contents on the sterile square drape.

H. Lubricated the catheter 12.5 to 17.5 cm.

I. With nondominant hand, gently grasped the penis at the shaft just below the glans. Retracted the foreskin if the patient is uncircumcised. Held the shaft of the penis at a right angle to the body.

J. Using uncontaminated dominant hand, cleansed the meatus with cotton balls or swabs, using circular strokes, beginning at the meatus and working outward.
in a spiral pattern.

K. Repeated this process three times, using a clean cotton ball or swab each time.

L. Gently applied upward traction to the penis. Slowly inserted the catheter through the urethral meatus.

Advanced the catheter 17 to 22.5 cm, or until urine flows out of the catheter.

M. If resistance is felt, or the patient reports pain as the catheter is advanced, DID NOT USE FORCE. Stopped advancing the catheter. Asked the patient to relax and take slow, deep breaths. Held the catheter gently in place without forcing it.

N. Lowered the penis, and held the catheter securely in nondominant hand. Allowed the bladder to empty fully or partially, according to agency policy.

O. Slowly withdrew the catheter.

11. Disposed of used supplies and provided hygiene care as needed.

12. Helped the patient into a comfortable position, and placed toiletries and personal items within reach.

13. Removed and disposed of gloves, and performed hand hygiene.

14. If a specimen has been collected, labeled it in front of the patient and sent it to the lab immediately.

15. Placed the call light within easy reach, and made sure the patient knows how to use it to summon assistance.

16. Raised the appropriate number of side rails and lowered
the bed to the lowest position.

17. Left the patient’s room tidy.

18. Documented and reported the patient’s response and expected or unexpected outcomes. Recorded the date and time of the procedure, as well as urine output.