

**PARKLAND HEALTH & HOSPITAL SYSTEM
LEADERSHIP & ORGANIZATIONAL DEVELOPMENT**

**COMPETENCY VALIDATION
INDWELLING URINARY CATHETER**

Name: _____ ID#: _____

Unit: _____ Date: _____

Indwelling Urinary Catheter	1st Attempt (P or F)	2nd Attempt (P or F)	Comments
1. Check physician's orders, gathers equipment, washes hands(verbally explains).			
2. Identifies the patient using two identifiers and explains procedure to the patient.			
3. Positions patient for procedure while protecting patient privacy (bed up, locked).			
4. Using sterile technique, opens pack and places between patient's legs creating a sterile field.			
5. Using sterile technique, dons gloves.			
6. Tests balloon for defects by injecting sterile water provided in the pre-filled syringe while keeping the catheter sterile.			
7. If no defects are found, deflates balloon and leaves syringe connected to the catheter.			
8. Drapes patient's pelvis and perineum.			
9. Opens cleansing solution and pours over cotton balls.			
10. Opens lubricant.			
FEMALE	1st Attempt (P or F)	2nd Attempt (P or F)	Comments
11. With nondominant hand, spreads apart labia with thumb and index finger. Verbalizes that hand is contaminated.			
12. With dominant hand, uses forceps to pick up saturated cotton balls. Cleanses perineum in following manner: (use swab once and discard). a) Right labia – one downward stroke b) Left labia – one downward stroke c) Meatus – one downward stroke			
13. Lubricate catheter with dominant hand. (Can be done after #10 or now).			
14. Grasps catheter in dominant hand; asks patient to take <i>deep breath</i> while inserting the catheter into the meatus.			
15. When flow of urine is obtained, advances catheter another 1-2 inches and reinflates the balloon, releasing labia.			

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MALE	1 st Attempt (P or F)	2 nd Attempt (P or F)	Comments
16. With nondominant hand, raise the penis to a 60° to 90° angle. Verbalizes that hand is contaminated.			
17. Retracts foreskin and cleanses meatus, using single circular outward motions (top down motion). Use swab once and discard (repeat X2).			
18. Lubricate catheter with dominant hand. (Can be done after #10 or now).			
19. Grasps catheter in dominant hand; asks patient to take <i>deep breath</i> while inserting the catheter into the meatus.			
20. When flow of urine is obtained, continue advancing catheter to the bifurcation and re-inflates the balloon.			
21. Pull back on catheter, explaining the purpose of resistance.			
22. Secures the catheter to leg with the drainage tubing straight to prevent kinking, compression or looping of the tubing.			
23. Hang the collection bag to the bed frame below the level of the bladder to prevent urine refluxing back into the bladder.			
24. Communicates the following to the nurse: (or documents if appropriate to the area)			
a) Size of catheter			
b) Type of catheter			
c) Amount of urine obtained			
d) If specimen was sent to lab			
e) Color, consistency, odor, etc.			
f) Patient's tolerance of the procedure			
g) Aseptic technique			
h) Patient teaching			
j) Patient response to teaching			

The completion of this form validates the above nurse's competency for this skill.

#1 Pass / Fail Competency Validator Signature: _____

#2 Pass / Fail Competency Validator Signature: _____