

## Urinary Catheterisation

This course offers practical, hands-on training in urinary catheterisation to support safe and confident practice. You will gain a clear understanding of indwelling and urinary catheters, why they are used, and the potential risks. You'll also explore alternative approaches and strategies to prevent catheter-associated urinary tract infections (CAUTIs), as well as your responsibilities when caring for individuals with catheters.

You will develop role-specific skills in maintaining, managing, and changing indwelling urinary catheters. The course covers risk assessment, recognising contraindications, and identifying complications to ensure safe and effective care.

Through a mix of theory, demonstration, and guided practice, you will build both knowledge and practical confidence. By the end of the course, you will be confident to support individuals with urinary catheters safely, and in line with professional standards.

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## Learning Outcomes

- Explain what an indwelling catheter is and reasons for their use
- Identify the risks of indwelling catheters and alternatives that can be used
- Describe what a urinary catheter is and what your responsibilities are when supporting individuals with urinary catheters
- Discuss the causes and ways of preventing catheter associated UTIs (CAUTI)
- Demonstrate how to maintain, care for, and change an indwelling urinary catheter.

## Course Content

### **Module 1 – Understanding Urinary Catheters**

- Explore the types of urinary catheters, including indwelling catheters
- Learn why catheters are used and the potential risks involved
- Understand alternative approaches to urinary management

### **Module 2 – Infection Prevention and Safety**

- Identify strategies to prevent catheter-associated urinary tract infections (CAUTIs)
- Understand hygiene, aseptic techniques, and safe handling
- Learn your responsibilities in infection control and patient safety

## Course Content

### **Module 3 – Catheter Care and Management**

- Develop role-specific skills in maintaining, managing, and changing indwelling catheters
- Carry out thorough risk assessments and recognise contraindications
- Identify early signs of complications and know how to respond

### **Module 4 – Professional Practice and Clinical Governance**

- Apply clinical standards and professional guidelines to catheter care
- Promote patient dignity, comfort, and independence
- Learn accurate documentation and communication with the healthcare team

### **Module 5 – Demonstration and Practical Skills**

- Watch step-by-step demonstrations of catheter care and procedures
- Practice under supervision in a safe learning environment
- Build confidence in performing catheter-related tasks safely and effectively