



## Catheter Care

Our interactive and practical Catheter Care training course is designed to provide health and social care professionals with the skills needed for safe and compassionate patient care during catheterisation. Our experienced trainers will cover a wide range of important aspects, ranging from recognising and managing complications and obtaining urine specimens to safe catheter removal and changing drainage bags with aseptic technique.

Learners will gain a deeper understanding of person-led catheter care, ensuring patient safety and comfort while upholding patient dignity and infection control. Once training is completed and a period of competency is conducted (where necessary) learners will be equipped with the necessary knowledge, skills, and understanding to deliver high-quality care.

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## Learning Outcomes

- State the reasons for catheterisation
- Explain a range of complications and symptoms to look out for
- Demonstrate or explain how to obtain specimen of urine from a catheterised patient
- Demonstrate or explain safe catheter removal
- Demonstrate or explain how to change a catheter bag
- Demonstrate or explain how to attach an overnight bag

*Please note that demonstration of all skills is required on face-to-face courses, for virtual delivery, attendees will be asked to explain how they would undertake each task.*

## Course Content

### **Module 1: Reasons for Catheterisation:**

- Understand the various medical conditions and situations that necessitate catheterisation.
- Identify when catheterisation is appropriate for managing urinary issues.
- Explain the benefits and risks associated with catheterisation.

### **Module 2: Complications and Symptoms to look out for:**

- Recognise signs of infection, blockage, or other complications related to catheter use.
- Describe symptoms that may indicate a need for medical intervention.
- Discuss strategies for preventing and addressing common catheter-related complications.

## Course Content

### **Module 3: Obtaining a Specimen of Urine from a Catheterised Patient:**

- Demonstrate proper techniques for collecting a sterile urine sample from a patient with a catheter.
- Understand the importance of maintaining aseptic conditions during specimen collection.
- Practice skills for handling, labeling, and transporting urine specimens for analysis.

### **Module 4: Catheter Removal:**

- Outline the steps involved in safely and comfortably removing a urinary catheter.
- Discuss patient education and preparation prior to catheter removal.
- Address potential complications or discomforts associated with catheter removal and how to manage them.

### **Module 5: Changing a Catheter Bag:**

- Describe the procedure for changing a urinary drainage bag in a hygienic and respectful manner.
- Demonstrate proficiency in disconnecting and reconnecting catheter tubing to a new bag.
- Discuss the importance of maintaining a closed urinary drainage system to prevent infection.

### **Module 6: Attaching an Overnight Bag:**

- Explain the purpose of an overnight catheter drainage bag and its proper use.
- Demonstrate the correct technique for attaching and securing an overnight bag to a catheter.
- Address patient concerns or questions regarding the use of overnight drainage bags.