



PROCEDURE	
Catheterisation	
Scope (Staff):	Community health staff
Scope (Area):	CAHS-CH, WACHS
Child Safe Organisation Statement of Commitment	
The Child and Adolescent Health Service (CAHS) commits to being a child safe organisation by meeting the National Child Safe Principles and National Child Safe Standards. This is a commitment to a strong culture supported by robust policy documents to ensure the safety and wellbeing of children at CAHS.	

This document should be read in conjunction with this [DISCLAIMER](#)

Aim

To provide guidance and instruction on the technique for safe insertion of a urethral catheter for a child who requires intermittent urinary catheterisation in a school setting.

Risk

Failure to follow the correct procedure for the insertion of an intermittent urinary catheter places the child at risk of complications including trauma to the urethra, pain and infection.

Background

Catheterisation is a method of draining urine via a catheter inserted into the urethra, past the sphincter into the bladder. The catheter may remain in place as an indwelling urinary catheter or be removed once the urine is drained. The latter is known as clean intermittent catheterisation, and is the subject of this procedure. This procedure is required where an ongoing condition, such as a congenital or acquired spinal lesion or injury has resulted in a neurogenic bladder. Regular catheterisation is required to drain residual urine and reduce bladder pressure and therefore preserve kidney health.

Key Points

- Procedure to be performed only by nurses that have completed CAHS-CH training. WACHS nurses to discuss relevant training requirements with their line manager.
- This procedure is to be undertaken in accordance with the student care plan which has been developed and signed by the parent/caregiver.
- The CAHS Chaperones for Intimate Procedures Policy or the WACHS Chaperone Policy is to be followed in accordance with local practice.
- If a client has a Mitrofanoff stoma, please contact your ESS liaison nurse for further information on catheter insertion requirements.
- The principles of privacy and client dignity are to be adopted in all situations.
- Community health nurses must follow the organisation’s overarching Infection Control Policies and perform hand hygiene in accordance with WA Health guidelines at all appropriate stages of the procedure.

Equipment

The parent/caregiver is required to supply the necessary equipment.

- Catheter (single use only), size specified on student care plan
- Spare catheter
- Single use sachet of water-soluble lubricant
- Clean urine receptacle e.g. jug, absorbent pad, pull-up/nappy
- Clean single use non-latex gloves
- Disposable wet wipes/towelettes (Packet identified for single client, catheter use only)
- Incontinence sheet, if required
- Appropriate Personal Protective Equipment (PPE), supplied by Department of Education.

Procedure ¹⁻³

Steps	Additional information
<p>1. Before commencing catheterisation:</p> <ul style="list-style-type: none"> • Check care plan to guide clinical care • Check the identity of the client • Explain the procedure to the client • Ensure the presence of a second person as a Chaperone/support person. 	<ul style="list-style-type: none"> • A signed care plan complies with consent policy. • Check identification as per <i>Client Identification Procedure</i>. • Nurses should check verbally with the child prior to the procedure. • Nurses will comply with the CAHS <i>Chaperones for Intimate Procedures Policy</i> or the WACHS <i>Chaperone Policy</i>.
<p>2. Clean work surface with detergent.</p> <ul style="list-style-type: none"> • Ensure it is dry before commencing procedure. 	<ul style="list-style-type: none"> • Refer to CAHS <i>Aseptic Technique</i> policy– standard aseptic technique.
<p>3. Position the client for the catheterisation procedure.</p>	<ul style="list-style-type: none"> • Position child in supine position. • Place waterproof sheet beneath child's buttocks. • For females, position with knees bent and hips flexed. • If urine output is to be measured, place urinary receptacle appropriately. • Drain into the absorbent pad/pull-up/nappy as appropriate.
<p>4. If soiling has occurred prior to catheterisation, wash area thoroughly.</p>	<ul style="list-style-type: none"> • Utilise personal protective equipment (PPE).

Steps	Additional information
5. Perform hand hygiene and don gloves and other personal protective equipment (PPE) if indicated.	<ul style="list-style-type: none"> As per CAHS <i>Hand Hygiene and Standard and Transmission Based Precautions</i> policy.
6. Open sterile catheter package.	<ul style="list-style-type: none"> To prevent contamination: Open catheter package halfway, being careful not to touch catheter tip.
7. Apply water-based lubricant to catheter tip.	<ul style="list-style-type: none"> Use single use sachets of lubricant to reduce risk of cross contamination. Return catheter tip to its packaging to preserve sterility.
8. Wipe perineal area. <ul style="list-style-type: none"> Female: separate labia minora so that the urethral meatus is visualized. Clean both the labia and around the urethral orifice using single downward strokes from front to back. Male: Gently retract the foreskin, if necessary, until the urethral meatus is just visible. Clean the glans penis moving in a circular motion from meatus outwards towards the base of penis. 	<ul style="list-style-type: none"> Use each wipe once only. Use parent/caregiver supplied wet wipes intended for intermittent catheterisation. <ul style="list-style-type: none"> These wipes need to be labelled 'catheter use only' and labelled with client's name. If gloved hand comes into direct perineal contact, remove gloves, perform hand hygiene and apply new gloves.
9. Insert catheter into urethra gently until the urine flows.	<ul style="list-style-type: none"> Whilst maintaining labia separation or retraction of the foreskin.
10. Ask child to bear down if possible or apply gentle pressure to the lower abdomen when flow decreases, to express residual urine.	<ul style="list-style-type: none"> Urine left in the bladder following catheterisation provides a potential source of infection.
11. Remove catheter slowly when urine flow ceases, then release labia or replace foreskin.	<ul style="list-style-type: none"> If urine starts to flow again, pause removal of catheter and wait until the flow stops again. Ensure the clients genital area is clean and dry and put underwear / pads/nappy in place and make the child comfortable
12. Remove gloves and other PPE, dispose of PPE and perform hand hygiene.	

Documentation

Nurses maintain accurate, comprehensive and contemporaneous documentation of assessments, planning, decision making and evaluations according to CAHS-CH and WACHS processes.

Related policies, procedures and guidelines
The following documents can be accessed in the Clinical Nursing Manual via the HealthPoint link, Internet link or for WACHS staff in the WACHS Policy link
Clinical Handover - Nursing
School-aged health services
School-aged health services - primary
School-aged health services - secondary
Student Health Care Plans
The following documents can be accessed in the CAHS-CH Operational Manual
Client Identification
The following documents can be accessed in the CAHS Policy Manual
Chaperones for Intimate Procedures (CAHS)
Infection Control policy manual (CAHS)
Urethral catheterisation (PCH Clinical Practice Manual)
The following documents can be accessed in WACHS Policy
Chaperone Policy (WACHS)
The following documents can be accessed in the Department of Health Policy Frameworks
Clinical Handover Policy (MP0095)
Clinical Incident Management Policy (MP 0122/19)

Related external resources
Catheter care – flushing a urinary catheter – Perth Children’s Hospital Health Fact sheet

References

1. The Royal Children's Hospital. Indwelling urinary catheter - insertion and ongoing care. Clinical Guideline. In: Victoria HD, editor. Victoria, 2020.
2. Perth Children's Hospital. Urethral Catheterisation. Clinical Practice Manual. Perth: Child and Adolescent Health Services; 2021.
3. The Royal Children's Hospital. Teaching and supporting Clean Intermittent Catheterisation for parents and children. In: Victoria HD, editor. Victoria, 2019.

This document can be made available in alternative formats on request for a person with a disability.

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