

Student Name:		Medical School:	Year:			
Catheterisation for Female Anatomy Please catheterise this manikin		Self	Peer	Peer/ Tutor	Tutor	
Understands clinical indications For catheterisation	<p>Explains 3 reasons why a urinary catheter may be inserted e.g.</p> <ul style="list-style-type: none"> ● Urinary retention, ● Critically unwell, e.g. sepsis ● Monitoring of fluid balance post operatively, ● To empty bladder prior to labour or surgery, ● To instil fluid, e.g. irrigation, cytotoxic drugs or contrast medium ● To perform bladder function tests (urodynamic), ● As a last resort can be used for intractable urinary incontinence if all other methods fail or if there are skin integrity issues to consider and for comfort purposes in end-of-life patients (life expectancy < 2 weeks). 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Discusses indications for catheter selection	<ul style="list-style-type: none"> ● Explains the indication for selection of material and gauge ● Size 12 = clear urine ● Size 12 – 14 = cloudy / infection ● Size 16 + = haematuria / clots / debris ● Plastic / PVC – 7 days ● PTFE – 28 days ● Silicone – 12 weeks ● Hydrogel – 12 weeks - Latex allergy ● Standard length catheters (43 cm) for males and females unless gynaecology ward or going home from hospital 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Anatomical and physiological principles	<ul style="list-style-type: none"> ● Explains anatomy from urethra to bladder = meatus – external urethral orifice – internal urethral orifice - bladder ● States length of female urethra is approximately 3 -5 cms in length. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cautions and contraindications	<p>Able to explain at least 3 contraindications and cautions -</p> <ul style="list-style-type: none"> ● urethral stricture, ● meatal stenosis, ● possible scarring/damage from female genital mutilation (reportable to safeguarding), ● Pelvic trauma. ● Patients receiving anticoagulant therapy 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Washes hands	<ul style="list-style-type: none"> ● Hand wash with water and soap using the Ayliffe technique 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Obtains informed consent and gives explanation to the patient	<ul style="list-style-type: none"> ● Introduces self ● Identifies the patient ● Asks about medications (anticoagulation/anti-arrhythmic) ● Checks for allergies and contra-indications ● Explains procedure including risks and benefits e.g. "I am going to pass a tube into your bladder; it will go into the urethra which is the tube that normally allows you to pass urine". ● Establishes patient's expectations or concerns. ● Assessment throughout the procedure and encourages patient to ask questions 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Prepares Equipment	<ul style="list-style-type: none"> ● Cleans trolley and places equipment on the bottom shelf. ● Selects appropriate equipment checking expiry dates; Sterile gauze x2, Trust specific catheterisation pack, Catheter x2 standard length, saline sachets x2, anaesthetic – antimicrobial - lubricating gel 6mls, sterile gloves x 2 pairs, Catheter bag, catheter stand, waste 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	<ul style="list-style-type: none"> bag, alcohol gel, ● May require a light source 				
Demonstrates Procedure	<ul style="list-style-type: none"> ● States that a chaperone will assist / be required (GMC recommendation) ● Takes the trolley to the patients bed and applies apron ● Prepares patient maintaining privacy and dignity ● Gels hands ● Places trust specific waterproof sheet under buttocks ● Opens catheter pack and prepares equipment ● Gels hands, applies sterile gloves. ● Hold gauze to either side of the labia, uses this to separate the labia to visualise the genitalia ● Uses Normasol solution and sterile gauze balls to clean patient from top and downward. ● Informs patient that the anesthetic lubricating gel may be cold and sting initially, it will be effective for approximately 1 hour. ● Prepares anesthetic lubricating gel and administers ● Gently holds the urethral meatus closed or covers meatus with sterile gauze for 3 to 5 minutes to allow gel to take effect, ● Removes gloves and washes hands ● Opens 2nd pair of gloves and remaining equipment onto sterile field. ● Gels hands and applies sterile gloves. ● Places sterile drape over patient. ● Positions sterile drainage receptacle lengthways between patients legs ● Inserts catheter using surgical ANTT. ● Once urine flows continues to insert urinary catheter for a further 6 – 8 cm, inflates balloon and attaches urine drainage system. ● Removes gloves, discards all clinical waste. ● Attaches bag to catheter stand. 				
Post-procedure management	<ul style="list-style-type: none"> ● Waste disposal in accordance with Trust guidelines ● Washes hands ● Thanks patient ● Documents procedure as per Trust policy including fixing catheter lot number stickers onto catheter care pathway + in notes, records urine drainage and properties. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Professionalism	<ul style="list-style-type: none"> ● Communicates to team members ● Thanks staff 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall ability to perform procedure	<ul style="list-style-type: none"> ● Assess globally, would you be happy for this student to be supervised to perform this procedure? 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-assessed as at least borderline:	Signature: _____ Date: _____				
Peer-assessed ready for tutor assessment:	Signature: _____ Date: _____				
Tutor assessed as satisfactory:	Signature: _____ Date: _____				
Notes:					

F = Fail B = Borderline S = Satisfactory G = Good E = Excellent