

Student Name:		Medical School:	Year:			
Male anatomy urethral catheterisation Please catheterise this manikin		Self	Peer	Peer/ Tutor	Tutor	
Explains clinical indications	<ul style="list-style-type: none"> ● Explains 3 reasons why a urinary catheter may be inserted ● 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 - Latex allergy ● Hydrogel – 12 weeks 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Discusses anatomical and physiological principles	<ul style="list-style-type: none"> ● Explains anatomy from urethral meatus to bladder = Meatus – cavernous urethra – membranous urethra – prostatic urethra – bladder ● States approximate length of male urethra = approximately 18-20cms in length. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Explains cautions and contraindications	<ul style="list-style-type: none"> ● Able to explain at least 3 contraindications and cautions – <ul style="list-style-type: none"> - urethral stricture, meatal stenosis - caution if known retention and previous frank haematuria (may require 3-way catheter and irrigation) - previous traumatic catheterisation - enlarged prostate, - recent TURP <12 weeks, (risk of creating a false passage) - recent TURBT <6 weeks, - recent radical prostatectomy surgery <6 months –risk of damage to the anastomosis (should be passed by a Urology Registrar or Consultant), - Urethral trauma/pelvic trauma, other recent surgery. 	<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 8 step Ayliffe technique 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Demonstrates communication skills and obtains informed consent	<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”. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <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, saline sachets x2, anaesthetic – antimicrobial - lubricating gel 11mls, sterile gloves x 2 pairs, Catheter bag, catheter stand, waste bag, alcohol gel, 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	

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 • Opens catheter pack and prepares equipment • Gels hands, applies sterile gloves. • Retracts foreskin if present, uses Normasol solution and sterile gauze balls to clean patient from meatus and back. • Applies sterile gauze on patient scrotum to lay cleaned penis on. • 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. • Aware of different positioning and angles that may be required to pass catheter through urethra. • Once urine flows continues to insert urinary catheter to bifurcation point, inflates balloon and attaches urine drainage system. • Repositions foreskin over glans penis • Removes gloves, discards all clinical waste. • Attaches bag to catheter stand. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses post procedure management and documentation	<ul style="list-style-type: none"> • Checks patient is comfortable • 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 and 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 pass	Signature: _____ Date: _____				
Peer-assessed ready for tutor assessment:	Signature: _____ Date: _____				
Tutor assessed:	Signature: _____ Date: _____				
<p>Notes:</p> <p style="text-align: center;">F = Fail B = Borderline S = Satisfactory G = Good E = Excellent</p>					

