



**University of California Irvine  
School of Medicine  
Medical Education Simulation Center**

**INDWELLING CATHETER INSERTION (FOLEY)  
TASK COMPETENCY**

**SUBJECT AREA:** Clinical Foundations 3

**TASK(S):** Establish closed urinary drainage system

**REFERENCE(S):**

1. <http://batesvisualguide.com/multimedia.aspx?categoryID=21787#21782>
2. CDC's "Guideline for Prevention of Catheter-Associated Urinary Tract Infections" [http://www.cdc.gov/hicpac/cauti/002\\_cauti\\_toc.html](http://www.cdc.gov/hicpac/cauti/002_cauti_toc.html)
3. <http://www.osceskills.com/e-learning/subjects/urethral-catheterisation-female/>  
<http://www.osceskills.com/e-learning/subjects/urethral-catheterisation-female/>

**EQUIPMENT REQUIRED:** Advanced Foley Tray, sterile gloves, Foley trainer, table, checklist, evaluator/certifier

**PREREQUISITE(S):**

1. Successful completion of web-based tutorial
2. Successful completion of written/web-based post-test

**PERFORMANCE OBJECTIVE(S):** The student will successfully demonstrate, without error, the performance aspects of urinary catheter insertion within 10 minute timeframe.

**EVALUATOR INSTRUCTIONS:**

1. Use the performance checklist to ensure all steps of this task are accomplished.
2. Upon student completion of skill/test, the observer/evaluator will briefly go over performance.
3. Please hand in competency checklist to simulation staff member for data entry and documentation purposes.

Student Name: \_\_\_\_\_

Student Num.: \_\_\_\_\_

**INDWELLING URINARY CATHETER INSERTION/REMOVAL (FOLEY)**

PERFORMANCE ITEM	MET/ SAT	NOT MET/ NOT SAT
<b>INSERTION</b>		
<b>1. Verify the order</b> <i>A chaperone is required for this procedure</i> <i>Ensure patient meets CDC criteria for appropriate indications</i> <b>&lt;VERBALIZE&gt;</b>		
<b>2. Gather supplies and equipment</b> <i>use smallest catheter size possible; 14F preferred in the absence of thick or bloody urine</i>		
<b>3. Review patient record for latex and iodine allergy</b> <b>&lt;VERBALIZE&gt;</b>		
<b>4. Identify the patient and explain the procedure to the patient</b>  <i>Ensure privacy and consider age, cultural, religious, and education when explaining.</i> <b>&lt;VERBALIZE&gt;</b>		
<b>5. Wash hands and don clean gloves</b> <b>&lt;VERBALIZE&gt;</b>		
<b>6. Open outer package, remove tray, and open CSR wrap</b>		
<b>7. Position patient</b> <i>Males: supine with legs extended</i> <i>Females: supine with knees flexed and apart, feet flat on bed</i>  <b>&lt;VERBALIZE&gt;</b>		
<b>8. Place underpad beneath patient, plastic or "shiny" side down</b>		
<b>9. Use provided castile soap wipes to cleanse patient's peri-urethral area using downward strokes from anterior to posterior</b>		
<b>10. Discard gloves. Perform hand hygiene w/provided alcohol gel</b>		
<b>11. Using aseptic technique, don sterile gloves</b>		
<b>12. Position fenestrated drape on the patient</b>		
<b>13. Use the syringe w/the green plunger to deposit lubricant into tray-top for Foley catheter lubrication</b>		
<b>14. Remove top tray and place next to bottom tray (keep on CSR wrap)</b>		
<b>15. Attach the water-filled syringe to the inflation port</b> <i>✓ DO NOT pre-test/inflate the Foley catheter balloon</i>		
<b>16. Remove Foley catheter from wrap and lubricate catheter</b>		
<b>17. Prepare patient with packet of pre-saturated antiseptic swab sticks:</b>		

<p><i><u>Male:</u> If the patient is uncircumcised, retract the foreskin with non-dominant hand (unsterile hand) and keep open the entire process. Hold the penis at 90 degrees. With dominant hand, cleanse with antiseptic soaked swab sticks using a circular motion; start at the meatus and work outward. Use one swab stick for each circle.</i></p> <p><i><u>Female:</u> Separate the labia with the non-dominant hand (unsterile hand) and keep open the entire process. With dominant hand, cleanse with antiseptic soaked swab stick using a single downward motion; cleanse the right outer edge first (labia minora), discard swab, repeat for left labia minora, discard swab, then use last swab to cleanse the area down the center(meatus).</i></p>		
<p><b>18. Insert catheter until urine is visible in the drainage tube:</b>  <i>With dominant hand, while holding the remainder of the catheter in a way that it does not touch anything but the sterile field.</i></p> <p><i><u>Males:</u> position the penis at 90 degrees, insert catheter 6-10 inches (usually to the bifurcation)</i></p> <p><i><u>Females:</u> insert the catheter 2-3 inches</i></p> <p><b>NOTE: remove no more than 750-1000cc at any one time</b></p>		
<p><b>19. Inflate catheter balloon using entire 10ml of sterile water provided in the prefilled syringe.</b>  ✓ Use of less than 10ml can result in improperly inflated balloon.</p>		
<p>20. Once balloon is inflated, <b>ease the catheter back by gently pulling on the catheter until slight tension is detected indicating that the balloon is in place at the neck of the bladder.</b></p>		
<p><b>21. Discard all materials and remove contaminated gloves.</b></p>		
<p><b>22. Prepare skin and secure the Foley catheter to the patient using the supplied STATLOCK</b>  ✓ Ensure patient is appropriate for use of STATLOCK device  ✓ Skin preparation is essential to prevent skin tears/breakdown  <b>&lt;VERBALIZE&gt;</b></p>		
<p>23. <b>Position hanger on bedrail at the foot of the bed, below the level of the bladder, and use green clip to secure drainage tube to sheet, confirm tube is not kinked</b></p>		
<p>24. <b>Indicate time and date of catheter insertion on provided labels and place label on the drainage system.</b>  <b>&lt;VERBALIZE&gt;</b></p>		
<p>25. <b>Provide patient comfort and restore privacy</b>  <b>&lt;VERBALIZE&gt;</b></p>		
<p>26. <b>Wash hands</b>  <b>&lt;VERBALIZE&gt;</b></p>		
<p>27. <b>Document procedure and patient tolerance</b></p>		

<i>Annotate catheter size, amount of urine initially (output), color, clarity, sediment, or blood</i>  <b>&lt;VERBALIZE&gt;</b>		
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**CRITICAL ITEMS**

ITEM	CHECK IF YES
The evaluator will stop the evaluation immediately if the following conditions occur: <ol style="list-style-type: none"> <li>1. Student does/did <u>not</u> identify the patient &lt;VERBALIZE&gt;</li> <li>2. Student does/did <u>not</u> wash hands &lt;VERBALIZE&gt;</li> <li>3. Student does/did <u>not</u> check allergies &lt;VERBALIZE&gt;</li> <li>4. Improper catheterization or catheterized wrong orifice</li> <li>5. Student breaks sterile field at any point</li> <li>6. Student breaks aseptic technique during insertion</li> </ol>	
<b>CRITICAL ITEM EVALUATOR COMMENT</b>	

FINAL RESULT	MET/ SAT	NOT MET/ NOT SAT
<b>EVALUATOR COMMENTS:</b>		