

**NORTH CAROLINA BOARD OF NURSING  
NURSE AIDE II TRAINING MODULE**

**SKILL MODULE 8: URINARY CATHETER: CATHETERIZATION**

**SPECIAL DIRECTIONS OR NOTATIONS:**

- Successful completion of the “Sterile Technique” module is required prior to this module.
- Competency validation should occur in the clinical area whenever possible; however, in those limited situations where this is not possible, laboratory simulation of the clinical setting is permissible.
- Only the RN may provide nurse aide training and competency validation. The LPN may provide subsequent delegation and supervision when working with a nurse aide.
- Suprapubic catheters are listed for identification purposes only. Care related to suprapubic catheters must be delegated using the “Decision Tree for Delegation to UAP.”
- Although this module teaches sterile technique, clean technique may be used per agency policy.
- **This competency must be performed for both a male and a female client.**
- The skills of measuring intake/output and collecting urine specimen for the client with a catheter are taught in the content for this module; however, listing as a NA II is not required to perform these activities.

TIME FRAME	LEARNING OBJECTIVES	RELATED CONTENT (OUTLINE)	LEARNING ACTIVITIES	EVALUATION
15 hours	<p><b>CATHETERIZATION</b></p> <p>Identify the meaning of terms related to catheterization</p> <p>Describe the anatomical structure of urinary tract</p> <p>Identify various types of urinary catheters</p> <p>Discuss the preparation of the client</p>	<p>A. Terms</p> <ol style="list-style-type: none"> <li>1. Catheter</li> <li>2. Catheterization</li> <li>3. In-dwelling catheter (foley)</li> <li>4. Incontinent</li> <li>5. Void</li> <li>6. Urinary tract</li> <li>7. Clean catheters</li> </ol> <p>B. Anatomical Structures</p> <ol style="list-style-type: none"> <li>1. Meatus</li> <li>2. Penis</li> <li>3. Perineum</li> <li>4. Urethra</li> <li>5. Bladder</li> </ol> <p>Types of catheters</p> <ol style="list-style-type: none"> <li>1. Straight</li> <li>2. Retention (foley)</li> <li>3. Suprapubic</li> <li>4. External catheter</li> </ol> <p>C. Client Preparation</p> <ol style="list-style-type: none"> <li>1. Checking name band</li> <li>2. Providing privacy</li> </ol>	<p>Lecture/discussion</p> <p>Laboratory demonstration and return demonstration of proper technique for performing a straight catheterization</p> <p>Laboratory demonstration and return demonstration of proper technique for inserting</p>	<p>Written test</p> <p>Skills Checklist Competency Evaluation in Clinical Setting</p>

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TIME FRAME	LEARNING OBJECTIVES	RELATED CONTENT (OUTLINE)	LEARNING ACTIVITIES	EVALUATION
	<p>Discuss the procedure for catheterizing a male client</p> <p>Discuss the procedure for catheterizing a female client</p> <p>Describe the steps necessary to perform catheter-related procedures</p> <p>Identify the process for the removal of a urinary catheter</p>	<p>3. Explaining procedure</p> <p>D. Catheterization of the male client</p> <ol style="list-style-type: none"> <li>1. Positioning</li> <li>2. Equipment</li> <li>3. Procedure               <ol style="list-style-type: none"> <li>a. straight catheter</li> <li>b. retention/in-dwelling catheter</li> <li>c. external catheter</li> <li>d. clean catheters</li> <li>e. securing catheter</li> </ol> </li> </ol> <p>E. Catheterization of the female client</p> <ol style="list-style-type: none"> <li>1. Positioning</li> <li>2. Equipment</li> <li>3. Procedure               <ol style="list-style-type: none"> <li>a. straight catheter</li> <li>b. retention/in-dwelling catheter</li> <li>c. clean catheters</li> <li>d. securing catheter</li> <li>e. follow-up</li> </ol> </li> </ol> <p>F. Other Procedures</p> <ol style="list-style-type: none"> <li>1. Intake/output</li> <li>2. Fluid intake</li> <li>3. Maintaining closed system</li> <li>4. Position of drainage bag and tubing</li> <li>5. Obtaining specimen</li> <li>6. Ambulating client</li> <li>7. Emptying bag</li> <li>8. Signs and symptoms to report</li> </ol> <p>G. Removal of urinary catheter</p> <ol style="list-style-type: none"> <li>1. Preparation of client</li> <li>2. Equipment</li> <li>3. Procedure</li> <li>4. Reporting and recording</li> </ol>	<p>and removing an in-dwelling catheter (foley)</p> <p>Laboratory demonstration and return demonstration of proper technique for applying an external catheter</p> <p>Laboratory demonstration and return demonstration of proper technique for performing a straight catheterization</p> <p>Laboratory demonstration and return demonstration of proper technique for inserting an in-dwelling catheter (foley)</p> <p>Laboratory demonstration and return demonstration of procedures for the following:</p> <ol style="list-style-type: none"> <li>a. measuring intake/output</li> <li>b. obtaining urine specimen from catheter</li> </ol> <p>Laboratory demonstration and return demonstration of procedure for removing a urinary catheter</p>	

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**SKILLS CHECKLIST COMPETENCY EVALUATION**

**SPECIAL DIRECTIONS OR NOTATIONS:**

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- Although this module teaches sterile technique, clean technique may be used per agency policy.
- This competency must be performed for both a male and a female client.
- The skills of measuring intake/output and collecting urine specimen for the client with a catheter are taught in the content for this module; however, listing as a NA II is not required to perform these activities.

**COMPETENCY STATEMENT:** Demonstrates male and female urinary catheterization using sterile technique

**CRITERIA:**

1. Obtains directions from licensed nurse
2. Assembles necessary equipment
3. Explains procedure to client
4. Secures adequate lighting and provides privacy
5. Positions client
6. Washes hands
7. Opens sterile catheter kit
8. Puts on sterile gloves
9. Positions sterile drape
10. Opens and prepares equipment on tray
11. Tests balloon (if in-dwelling catheter and only if directed to do so by a licensed nurse)
12. Lubricates tip of catheter
13. Pours antiseptic solution over cotton balls
14. Cleanses area
15. Inserts catheter the appropriate distance for the sex of the client
16. Obtains urine flow
17. Inflates catheter balloon per instruction in catheter kit (if in-dwelling catheter) (See criteria #26 for removal of balloon catheter)
18. Removes catheter (if straight catheterization)
19. Secures catheter to client’s body (if in-dwelling catheter)
20. Attaches drainage bag to bed frame (if in-dwelling catheter)
21. Removes soiled materials from room using standard precautions
22. Remove gloves
23. Washes hands
24. Documents information
25. Reports information to licensed nurse
26. When receives directions from licensed nurse to remove balloon (in-dwelling) catheter:
  - a) puts on gloves
  - b) deflates balloon and removes catheter
  - c) removes gloves
  - d) removes soiled materials from room using standard precautions
  - e) washes hands
  - f) documents information
  - g) reports information to licensed nurse

This entire activity has been properly performed, without prompting and without assistance, by

\_\_\_\_\_  
(Name of student)

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**RN INSTRUCTOR:**

<b>Name/Date</b>	
<b>Select One</b>	<input type="checkbox"/> Clinical Setting <input type="checkbox"/> Laboratory <input type="checkbox"/> Simulation <input type="checkbox"/> <b>MALE</b>

<b>Name/Date</b>	
<b>Select One</b>	<input type="checkbox"/> Clinical Setting <input type="checkbox"/> Laboratory <input type="checkbox"/> Simulation <input type="checkbox"/> <b>MALE</b>

<b>Name/Date</b>	
<b>Select One</b>	<input type="checkbox"/> Clinical Setting <input type="checkbox"/> Laboratory <input type="checkbox"/> Simulation <input type="checkbox"/> <b>FEMALE</b>

<b>Name/Date</b>	
<b>Select One</b>	<input type="checkbox"/> Clinical Setting <input type="checkbox"/> Laboratory <input type="checkbox"/> Simulation <input type="checkbox"/> <b>FEMALE</b>

I agree that I have performed this skill without prompting and without assistance on the above dates.

Student Signature: \_\_\_\_\_ Date \_\_\_\_\_