

Chapter 5: Indwelling Urinary Catheter Care

Indications for indwelling urinary catheter

- Severe illness - monitoring of urine output is necessary
- Post-operative drainage after urological or gynaecological surgery
- Terminal ill - quality of life will be improved
- Intractable urinary incontinence - alternative management has been unsuccessful
- Neurological deficits leading to incomplete bladder emptying
- For those having bladder outlet obstruction

Indwelling urinary catheter should be used after a thorough assessment of individual person needs and after considering other potential alternatives.

Frequency of changing catheter


- Life span of the catheter depends on catheter material and the recommended period by the product company
- Routine changing of the catheter at fixed time intervals
- Interval for changing catheter should be individualized for each person
- Catheters should be changed proactively according to the individual's usual pattern of catheter life rather than replaced after they are blocked
- Change the catheter immediately if:
 - blockage
 - expelled catheter
 - damage catheter

Frequency of changing drainage bag

- Changing bag when:
 - changing catheter
 - dirty and smelly
- Too frequent changes will incur:
 - unnecessary expense
 - unnecessary disconnection of the closed drainage system


Removing catheter

- Review the reason of catheterization and older adult's condition regularly and remove the catheter as soon as possible

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	Page	1

- After removing the catheter
 - be aware of high incidence of:
 - recurrent retention of urine
 - incomplete emptying the bladder
 - recurrent urinary tract infection
 - urinary incontinence
 - Check post voiding residual urine to assess the ability to empty the bladder effectively
 - Maintain high fluid intake and avoid constipation

- End of Chapter 5 -

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	Page	2