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Universal Precautions and Urinary Catheter Model

Practical 08 / Skills laboratory simulation

Aim

Use standard precautions and demonstrate sterile urinary catheter setup and follow-up on a task trainer.

Principle

A documented indication, aseptic insertion and a closed drainage system limit avoidable harm. Standard precautions apply to all patients.

Materials and Requirements

- Urinary catheter trainer, training catheter, approved kit and closed drainage bag
- Personal protective equipment and catheter record

Procedure

1. Verify indication, identity, consent, allergies and the role of a chaperone. Review facility exposure and infection prevention processes.
2. Verify documented need, model identifier, consent, allergies and appropriate catheter choice with the instructor. Prepare a private station, correct safety supplies and an approved disposal route.
3. Perform hand hygiene, select protective equipment for the task and establish an aseptic field. Check the packaging and catheter details.
4. Establish an aseptic field and separate clean and used items. Inspect catheter, connections and collection system, and verify kit instructions before the demonstration.

Continue with step 5 on the next page.

Procedure Continued

Universal Precautions and Urinary Catheter Model

5. On the model, demonstrate the approved placement checklist. Confirm the simulated signs of placement before the balloon step as directed by the faculty.
6. On the trainer position and prepare the model as instructed. Protect key parts, demonstrate placement checks and pause for faculty review if expected model drainage or feedback is absent.
7. Secure the device, maintain a closed system and place the drainage bag below bladder level. Record urine output and catheter information.
8. Keep tubing free of kinks and preserve the closed drainage system. Secure it without tension, keep the bag appropriately below the bladder and document fluid measurements and checks.
9. Set a review or removal plan. Explain the immediate actions and reporting pathway after a simulated blood or body-fluid exposure.
10. Record insertion date, time and indication, including who will reassess. Rehearse procedure for contamination or exposure and identify how to communicate any problem.

Precautions

- Use a trainer and avoid forcing insertion.
- Report aseptic breaks and exposure incidents immediately.

Observations and Interpretation

Universal Precautions and Urinary Catheter Model

Observations and Record

Item	What to record	What it tells you
Preparation	Indication, identity, protection and equipment	Verifies safe procedure setup
Model check	Placement confirmation, drainage and securement	Supports safe ongoing care
Review	Time, output and indication reassessment	Limits unnecessary catheter days

Worked Example

The model catheter drains no simulated urine and resistance is reported. The student stops and asks the instructor to check position before proceeding.

Result and Interpretation

Confirm correct position and review the reason for failed drainage. Continue only with the trainer checklist and instructor guidance.

Viva Questions and Answers

What helps prevent retrograde flow?

An unobstructed closed system with the collection bag below bladder level.

Why record the indication?

It allows the team to reassess necessity and remove the catheter promptly when appropriate.

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