**Clean Intermittent Catheterization-Male Skill Competency Test**

**Student’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade/Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Person trained: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Initials: \_\_\_\_\_\_\_\_**

**Person training: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Initials: \_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Skills** | **Initial Demonstration** | **Return Demonstration** |
| **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** |
| 1. Review IHP and/or healthcare provider’s order
 |  |  |  |  |  |  |  |
| 1. Gather equipment and place on clean surface
 |  |  |  |  |  |  |  |
| 1. Explain the procedure to the student at his level of understanding
 |  |  |  |  |  |  |  |
| 1. Encourage the student to assist in the procedure as much as she is able to help student learn self-care skills
 |  |  |  |  |  |  |  |
| 1. If the student is completing procedure or assisting in procedure, have student wash hands
 |  |  |  |  |  |  |  |
| 1. Assist student with undressing, as needed
 |  |  |  |  |  |  |  |
| 1. Position the student
 |  |  |  |  |  |  |  |
| 1. If student is lying on a cot/bed, place a disposal pad under the student
 |  |  |  |  |  |  |  |
| 1. Wash hands
 |  |  |  |  |  |  |  |
| 1. Arrange equipment
 |  |  |  |  |  |  |  |
| 1. Put on gloves
 |  |  |  |  |  |  |  |
| 1. Lubricate the tip of the catheter with a water soluble lubricant and place on a clean surface
 |  |  |  |  |  |  |  |
| * 1. Use a generous amount of lubricant along the length of the catheter since dry catheters may cause excoriations in the urethra, leading to an entry point for bacteria contamination
 |  |  |  |  |  |  |  |
| 1. Grasp sides of penis below the glans
 |  |  |  |  |  |  |  |
| 1. Gently retract foreskin if uncircumcised
 |  |  |  |  |  |  |  |
| 1. Wash the glans with soapy cotton ball or student specific cleaning supplies
 |  |  |  |  |  |  |  |
| 1. Begin at urethral opening and in a circular motion wash away from the meatus toward the base of the penis
 |  |  |  |  |  |  |  |
| 1. Repeat procedure a total of 3 times, using a clean cotton ball each time
 |  |  |  |  |  |  |  |
| 1. Gently stretch the penis upward
 |  |  |  |  |  |  |  |
| 1. Have student take a deep breath and do other relaxation techniques
 |  |  |  |  |  |  |  |
| 1. Slowly insert the catheter until urine begins to flow and then about an inch more
 |  |  |  |  |  |  |  |
| 1. If you meet resistance try the following (resistance in male catheterization is normal at about the level of the prostate) :
 |  |  |  |  |  |  |  |
| * 1. Rotate the catheter
 |  |  |  |  |  |  |  |
| * 1. Have the student sit or lie in a different position
 |  |  |  |  |  |  |  |
| 1. If you are still unable to insert the catheter or the student experiences pain remove the catheter and follow up with parents/guardian and healthcare provider
 |  |  |  |  |  |  |  |
| 1. If resistance continues or the student experiences pain, stop insertion, never force the catheter
 |  |  |  |  |  |  |  |
| 1. When urine flow has stopped, pinch the catheter and remove it slowly
 |  |  |  |  |  |  |  |
| 1. If student is uncircumcised, pull the foreskin over the glans when finished
 |  |  |  |  |  |  |  |
| 1. Remove gloves
 |  |  |  |  |  |  |  |
| 1. Wash hands
 |  |  |  |  |  |  |  |
| 1. Assist student in dressing, as needed
 |  |  |  |  |  |  |  |
| 1. Have student wash hands
 |  |  |  |  |  |  |  |
| 1. Put on gloves
 |  |  |  |  |  |  |  |
| 1. Assess urine for cloudiness and/or foul smell
 |  |  |  |  |  |  |  |
| * 1. If present, assess student for signs of urinary tract infection:
 |  |  |  |  |  |  |  |
| * + 1. fever
 |  |  |  |  |  |  |  |
| * + 1. abdominal pain
 |  |  |  |  |  |  |  |
| * + 1. blood in urine
 |  |  |  |  |  |  |  |
| * + 1. vomiting
 |  |  |  |  |  |  |  |
| * + 1. chills
 |  |  |  |  |  |  |  |
| 1. Measure urine per healthcare provider’s order
 |  |  |  |  |  |  |  |
| 1. Discard bodily fluids and catheter per infection control procedures and school district policy
 |  |  |  |  |  |  |  |
| 1. Clean and store equipment as appropriate
 |  |  |  |  |  |  |  |
| 1. Special Considerations:
 |  |  |  |  |  |  |  |

**Plan for monitoring Clean Intermittent Catheterization-Male:**

**School Nurse Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Trainee’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School Nurse’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**