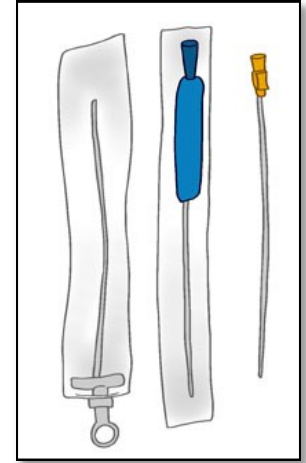


CLEAN INTERMITTENT CATHETERIZATION

What is it?

Clean intermittent catheterization (CIC) is a procedure used to empty the bladder when a person cannot do so on their own. Congenital conditions like spina bifida or accidents resulting in spinal cord injury are some conditions that may require the need for CIC. CIC play an important role in preventing infection, leakage, and potentially serious kidney damage. Correctly performed, CIC can also reduce the risk of urinary tract infections and promote continence.

A small catheter is inserted through the urethra and into the bladder as ordered by the doctor, usually at least every 3-6 hours. Various brands, types, and systems of catheters are used for CIC. It is important to familiarize yourself with the student's specific product.



Whether the student is independent in performing the procedure or requires assistance, it is important to reiterate the proper steps to completing the procedure in a clean and safe way. Communicate steps, encourage active student participation as able (visual or tactile), and use correct anatomical terminology. Plan to perform the procedure in a private, well lit, and accessible area. It may be necessary to do a practice walk through to make sure supplies and other equipment (i.e. table surface, storage drawers) are accessible to the student.

- Gather supplies and set up clean work area. Supplies include gloves, wipe, catheter, lubricant, and urine collection container.
- Genital area should be cleaned with soap and water In the school setting. Other cleaning techniques or products may be ordered by the healthcare provider.
- Locate urethra. Insert the lubricated end of catheter into urethra about 2-3 inches. A water-based lubricant, not a petroleum-based lubricant should be used. Some resistance may be felt just prior to entering the bladder as the catheter passes the sphincter.
- For males, hold the penis upright. Insert the lubricated catheter about 4-6 inches. You may have to lower the penis as you slowly insert the catheter.
- Once urine begins to flow, advance catheter about 1 inch. Hold the catheter in place until urine flow is complete. Gently press on abdomen or encourage the student to sit forward to encourage complete emptying of bladder.
- Pinch the catheter tube and pull in a downward motion when removing to prevent urine backflow into bladder.

Gender: _____
Catheter brand: _____
Size: _____
Length: _____
Schedule: _____



Kennedy Krieger Institute

The Specialized Health Needs Interagency Collaboration (SHNIC) program is a collaborative partnership between the Kennedy Krieger Institute and the Maryland State Department of Education.

Keeping communication open with family and caregivers is important. Inviting the caregiver into the school setting can reinforce technique and familiarize the nurse with the students CIC routine at home. Reinforcing correct technique and promoting independence are the goals of CIC.

Specific health issues for Individualized Healthcare Plan

- Diagnosis/reason for catheterization at school
- Current medication list, note any medications that might affect the color of urine, odor or amount
- Orders for scheduled times, catheter size and type
- Baseline of color, consistency, and amount of urine during catheterization
- Foster independence of student including setting up supplies and dictating steps
- Note student's ability to self-cath or encourage participation
- Communicate with school staff, parents/guardian, and provider any changes or concerns
- Note and/or document incontinence between cath times
- Document latex allergy
- Positioning of student during catheterization
- History of urinary tract infections
- Accommodations for field trips
- Flexible schedule allowing missed school work to be reinforced
- Scheduling of best cath times, within order limits, around missing the least core academic time
- Fluid intake goals, encourage access to fluids throughout the day
- Reportable conditions including fever, back pain, abdominal pain, change in sensation during CIC
- Reportable conditions including changes in urine output, amount, color, clarity, and odor
- Emergency Care Plan(s) (ECP) related to medical needs in the school setting and staff education/training as appropriate for each

Resources & Manuals

Kennedy Krieger Institute: Center for Spina Bifida and Related Conditions (Continence Clinic)

<https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-spina-bifida-and-related-conditions>

American Academy of Pediatrics– Clean intermittent catheterization

<https://www.healthychildren.org/English/health-issues/conditions/chronic/Pages/Clean-Intermittent-Catheterization.aspx>