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***Continence Advisory Service***

**Continence Training**

**Registered Nurse 2 day Continence Promotion course**

**14th & 21st July 2015**

**13th & 20th November 2015**

**9th & 16th February 2016**

**Catheterisation (full day)**

**22nd May 2015**

**14th August 2015**

**17th September 2015**

**14th January 2016**

**Catheterisation Update**

**11th June 2015**

**7th July 2015**

**22nd October 2015**

**26th November 2015**

**11th February 2016**

**Bowel Continence**

**26th June 2015**

**9th October 2015**

**14th January 2016**

**Blocked Catheter Pathway**

**5th May**

**30th June**

**4th September**

**Health & Social Care Assistant**

 **7th May 2015**

**4th June 2015**

**9th July 2015**

**18th September 2015**

**14th October 2015**

**18th November 2015**

**29th January 2016**

**3rd February 2016**

**How to book**

**Health Partnership staff** via Training and Development

**Independent Sector** via

Ally Morris: 01623 784719

E-mail:**allyson.morris@nottshc.nhs.uk**

**Continence Advisory Service**

**Ashfield Community Hospital Portland Street**

**Kirkby in Ashfield**

**Notts NG17 7AE**

**Catheter Care Guidelines**

“We all have a duty to reduce catheter associated infections” because catheter infection can seriously impact on your patient’s health.

* Decontaminate hands before and after any contact with patients for personal care and/or catheter care
* Always wear gloves and apron
* New gloves/apron for each patient
* Empty catheter leg bag when 2/3 full, dry tap at end of bag with a tissue to prevent urine dripping on to leg or clothing
* Careline+ leg bags have gloves included
* Ensure the catheter leg bag is well supported:
	+ Use G-strap
	+ Fit leg bag straps as per instructions
	+ If leg bag strap not effective consider a fixation sleeve
* If the catheter is not well supported it could cause trauma and potential infection
* **Only** disconnect catheter drainage bags when changing bags
* Change catheter drainage bags every 7 days
* **Always** connect a sterile bag directly to catheter using Aseptic None Touch Technique (ANTT)

**MUST WEAR GLOVES**

After removing the cap from the end of the sterile drainage bag **DO NOT TOUCH** the tip that is inserted into the end of the catheter

* At each visit check the catheter and tubing is not trapped or kinked and is well supported
* For over night link on a single use 2 litre drainable night bag directly onto the leg bag. This is recommended to minimise the risk of infection
* Patients with catheters should be encouraged to drink at least 1.5 – 2 litres in 24 hours unless on fluid restriction
* To include water, barley drinks and cranberry juice (cranberry juice not for patients who take warfarin or patients who have rheumatoid arthritis)
* Low sugar barley drinks and cranberry juice are available for diabetics
* If obtaining a Catheter Specimen of Urine (CSU) take the sample from sample port only with sterile syringe (using ANTT) – if not taken this way it will be contaminated and will now need to be repeated

You can obtain a copy of these Guidelines from the Continence Advisory Service.