

# 7 WEST is .... ON THE CUSP

**Preventing Catheter-Associated Urinary Tract  
Infections  
2012**





## On the *CUSP*...**Stop CAUTI**

- Is a state and national initiative to eliminate **C**atheter-**A**ssociated **U**rinary **T**ract Infections (CAUTI).
- Part of the NJHA Institute for Quality and Patient Safety.
- Uses evidence-based interventions and the **C**omprehensive **U**nit-based **S**afety **P**rogram.



*CUSP* is .....

Transforming care and patient safety in hospital units by improving patient safety culture and practices.

# Catheter-Associated Urinary Tract Infection (CAUTI)

## What is a CAUTI?

- A catheter-associated urinary tract infection (also called CAUTI).
- It is an infection in the urinary tract, usually in the bladder, urethra or kidneys.

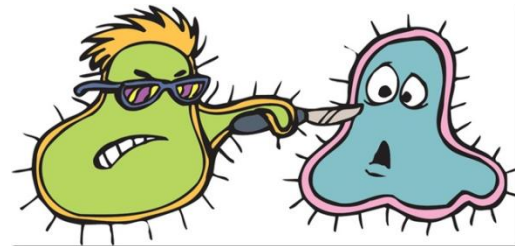


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Germs (for example, bacteria or yeasts) do not normally live in these areas; but if germs are introduced an infection can occur.

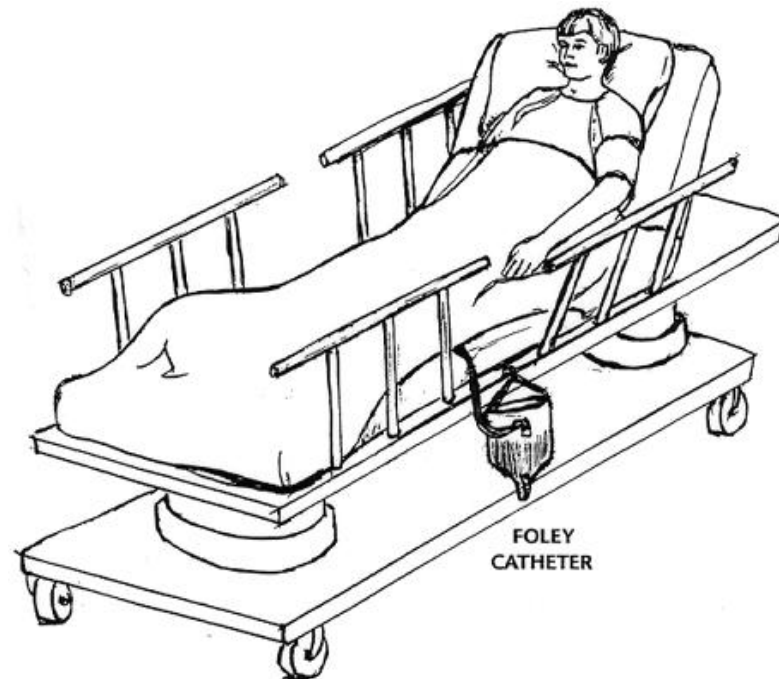


Germs can enter the urinary tract when the catheter is being put in or while the catheter remains in the bladder.



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People with urinary catheters have a much higher chance of getting a UTI than people who don't have a catheter.





If you have a urinary catheter germs can travel along the catheter and cause an infection in your bladder or your kidney, in that case it is called a catheter-associated urinary tract infection or **CAUTI**.

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## What is a Urinary Catheter?

A urinary catheter is a thin tube placed in the bladder to drain urine.

Urine drains through the tube into a bag that collects the urine.





## A Urinary Catheter May Be Used:

- if you are unable to urinate on your own
- to measure the amount of urine that you make, for example, during intensive care
- during and after some types of surgery
- during some test of the kidneys and bladder
- neurogenic bladder



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- urine output monitoring in critically ill patients
- management of acute urinary retention and urinary obstruction
- assistance in pressure ulcer healing for incontinent patients
- hospice/palliative care, at patient or family request to improve comfort (i.e. end-of-life care)

# Common Symptoms of UTI

- burning or pain in the supra-pubic area ( the lower abdomen)
- bloody urine may be a sign of infection but is also caused by other problems
- fever
- burning during urination or an increase in the frequency of urination



- pyuria
  - positive urinalysis with nitrates and leukocytes
  - microorganisms
  - positive urine culture
- 
- Source: National Healthcare Safety Network

## How to Prevent CAUTI

- Catheters are put in only when necessary and they are removed as soon as possible.
- Only properly trained persons insert catheters using aseptic technique.
- The skin in the area where the catheter will be inserted is cleaned before inserting the catheter.

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- Other methods to drain the urine are sometimes used such as:

- external catheters for men

- putting a temporary catheter in to drain the urine and removing it right away



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## Catheter Care



- healthcare providers should wash their hands with soap and water before and after touching the catheter.
- Avoid disconnecting the catheter and drain tube (this prevents germs from getting into the catheter tube).
- Secure the catheter to the leg to prevent pulling on the catheter.

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- Keep the bag lower than the bladder to prevent urine from back-flowing into the bladder.
- Empty the bag regularly.
- The drainage bag spout should not touch anything while emptying the bag.





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## How do you treat a CAUTI

Urinary tract infections are treated most times by antibiotics prescribed by your doctor.



It is very important to remove the catheter or have it changed as soon as possible.



## **Skin care for the incontinent patient**

- *Good skin care technique will prevent skin*
- *breakdown:*
- Use perineal cleansing products as needed
- Avoid use of agents containing alcohol as they are too drying to the skin

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- Use moisture barrier cream and or barrier wipe.
- Turn patient every 2 hours.
- Modify environment to be conducive to maintaining independence with continence.



## ***Minimize contact of urine to skin***

- Use only one quilted cloth pad for incontinence.
- Eliminate use of plastic backed pads.
- Promptly clean urine-soaked liners and gowns.

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## *Develop toileting program*

- -Answering call lights promptly
- -Offer bed pan every 2 hours
- -Hourly rounding



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## Nurses Remember to:

- Assess the need for a urinary catheter daily through daily rounding.
- Identify the reason for catheter use
- Communicate the presence of the catheter Daily with the medical staff
- If no reason is identified, nurses are to call the physician to obtain an order to discontinue the catheter





## References

- [www.cdc.gov/hicpac/cautisumORecom.html](http://www.cdc.gov/hicpac/cautisumORecom.html)
- [www.doh.state.fl.us/disease\\_ctrl/epi/HAI/cauti.html](http://www.doh.state.fl.us/disease_ctrl/epi/HAI/cauti.html)
- [www.gwhospital.com/patientinformatin/your-stay/FAQ-CAUTI](http://www.gwhospital.com/patientinformatin/your-stay/FAQ-CAUTI)