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CATHER CARE

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Following theoretical and practical training in basic anatomy and catheter care the Support Worker may then assist the Customer/Client in their continence needs.

At all times Support Workers are to maintain strict principles of Infection Control, Customer/Client hydration, skin integrity and signs of deteriorating health. Report any issues to the Clinical Nurse Consultant/Registered Nurse immediately or seek medical assistance in an emergency.

As a part of any service delivered by Lifestyle Attendants/Support Workers (Care Workers), Enhanced Lifestyles/Lifestyle Assistance and Accommodation Service will:

- Assess initial needs with the Customer/Client. Consider also the psychological needs and engage the Customer/Client to access specialist help/advice (if necessary)
- Determine the areas of catheter care that the Care Worker may attend
- Develop plans with identified outcomes
- Provide written procedures on the provision of catheter care and infection control by the care Worker – this may be included as part of the plan
- The plan for catheter care should be clearly documented in the home and only changed by the doctor or a Registered Nurse and access to policies and procedures be made available to Care Workers. The plan is to include actions on any incident that is outside the scope of practice or any situation and or emergency. A Doctor or Clinical Nurse is to be contacted immediately for guidance and assistance. All incidents are to be documented.
- Identify education needs for Care Workers. Provide relevant competency-based education and assessment processes for the Care Worker/s to ensure they are competent to perform the prescribed duties, tasks and interventions
- When an in/out Catherisation is required the provider must ensure that the Care Worker has the training and competency relevant to the sex of the person
- Monitor, review, evaluate and adapt as required the service, plans and outcomes with the involvement of the participant

A paid Registered Nurse is required to:

- Change a suprapubic catheter
- Change an indwelling catheter
- Care of blocked catheter

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Lifestyle Attendants may NOT:

- Perform any duties that must be attended to by a Registered Nurse (as outlined above)
- Flush or try to reinsert Catheter

Lifestyle Attendants may:

- Perform any task on the plan, apart from those that must be performed by a registered nurse (or other suitably assessed person), after having completed competency training and being signed off as competent in the task by the service provider. Examples include:
 - Do in/out catheterisation (often used with children) after attending competency-based training and been authorised
 - Empty drainage bag
 - Change drainage bag
 - Clean catheter site
 - Ensure no obvious kinks in catheter
 - Observe and report:
 - If urine not clear
 - If urine has unusual odor
 - If debris in urine
 - If output reduced
 - If catheter site red

Lifestyle Attendants must:

- Follow the plan as provided by the service provider
- Wear appropriate PPE as required
- Report to their supervisor of any changes or variations for advice
- Not change the plan
- Identify, and report to the Manager//Service Delivery Officers, any gaps in their ability to deliver the required service including difficulties in completing the tasks within the allocated time

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Risk/Emergencies

A urinary catheter is inserted into a sterile body cavity so has the potential to cause a variety of clinical and medical issues. Some of these are;

- Urinary tract infection
- Become dislodged with the balloon inflated-causing severe trauma that must be treated immediately
- Catheter being blocked or tubing kinked- can cause severe pain and induce medical emergencies

If there is any issue that causes any of these issues or symptoms seek medical assistance or advice immediately.

A Registered Nurse or endorsed Enrolled Nurse:

- Provide competency-based training to the Care Worker on the above
- Sign off on the competency of the Care Worker in their ability to administer oral medications safely and accurately.