



## **CREDE**

### **I. GENERAL INFORMATION**

- A. Credé procedure is the use of manual pressure on the bladder to express urine.
- B. Credé procedure is used to reduce chances of a bladder infection.
- C. Credé technique may be part of routine daily bladder care.
- D. The procedure is done by the student whenever possible
- E. Students who need Credé are unable to empty the bladder completely
- F. Parent/careprovider to supply necessary equipment for performing procedure at school.

### **II. PERSONNEL**

- A. School Nurse
- B. Designated school personnel under direct or indirect supervision by the school nurse.



# CREDE

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

<b>Equipment and Supplies</b> <b>*(Responsibility of parent/careprovider)</b>	<ol style="list-style-type: none"> <li>1. *Protective pad (if needed)</li> <li>2. *Bedpan (if needed)</li> <li>3. Gloves (clean)</li> </ol>
<b>PROCEDURE</b>	
<b>ESSENTIAL STEPS</b>	<b>KEY POINTS &amp; PRECAUTIONS</b>
<ol style="list-style-type: none"> <li>1. Have student in appropriate location for procedure</li> <li>2. Position student lying down, sitting, or standing, according to needs.</li> <li>3. Apply repeated firm, inward and downward pressure with one or both hands over lower abdomen until no more urine is expressed.</li> <li>4. Measure amount of residual, if required.</li> <li>5. Record procedure on SPHCS log.</li> </ol>	<p>Use heel of hands to cover maximum surface area.</p>