



## **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>	1. *Protective pad (if needed) 2. *Bedpan (if needed) 3. Gloves (clean)
<b>PROCEDURE</b>	
<b>ESSENTIAL STEPS</b>	<b>KEY POINTS &amp; PRECAUTIONS</b>
1. Have student in appropriate location for procedure  2. Position student lying down, sitting, or standing, according to needs.  3. Apply repeated firm, inward and downward pressure with one or both hands over lower abdomen until no more urine is expressed. 4. Measure amount of residual, if required.  5. Record procedure on SPHCS log.	Use heel of hands to cover maximum surface area.