



# Clean Intermittent Catheterization

## **PURPOSE**

Clean intermittent catheterization is a non-sterile procedure involving temporary insertion of a catheter through the urethra to empty the bladder. The purpose is to empty the bladder at appropriate intervals, reduce chances of a bladder infection and prevent bladder distention and to remove residual urine.

## **PERSONNEL**

- School Nurse – The School Nurse is the direct and indirect procedural supervisor responsible for training and monitoring involved staff.
- Unlicensed qualified designated school personnel\*
- Parent/careprovider

## **GENERAL INFORMATION**

- Clean intermittent catheterization, performed at school, is ordered by the physician according to a specific time schedule in order to assist the student with proper emptying of the urinary bladder.
- Clean intermittent catheterization may be required for students who are on a bladder training program, have poor bladder control or do not empty the bladder completely (residual urine retention).
- In order to foster independence students should be encouraged to do as much of the procedure as they are capable of, with physician approval and supervision as needed.
- Flexible timing of ordered catheterizations may be needed to accommodate classroom schedule, field trips, and other school events.
- Latex allergy should be identified and equipment adjusted accordingly.
- The parent/careprovider will supply necessary equipment for performing procedure at school.

\*"Qualified" for the designated school personnel shall mean trained in the procedures to a level of competence and safety which meets the objectives of the training as provided by the school nurse, public health nurse, licensed physician and surgeon, or other programs which provide the training. Training means preparation in the appropriate delivery and skillful performance of specialized physical health care services. (5 CCR 3051.12)