



**NRS 102 Foundations II
Clinical Skills Evaluation Performance Checklist
Inserting an Indwelling (Foley) Catheter**

Name of Student _____ Date _____

Name of Evaluator _____

Attempt Number _____ S _____ U _____

Points Awarded: (Evaluator circle the number of points awarded)

First Attempt: Skill satisfactory = **10**.
If unsatisfactory, skill must be repeated.

Second Attempt: Skill satisfactory = **5**.
If unsatisfactory, skill must be repeated.

Third Attempt: Skill satisfactory = **0**
*Student must be successful in all skills to pass the course.

Check (✓) S (Satisfactory) or U (Unsatisfactory)

* Indicates must be performed in order to be Satisfactory

PROCEDURE STEPS	S	U	COMMENTS
*1. K: Knocks on door			
*2. I: Introduces self			
*3. T: Tells patient what is being done			
*4. E: Eliminates germs			
*5. S: Safety checks (MUST check ID band)			
*6. Addresses patient by proper name and conversation is therapeutic all the time.			
7. Uses good body mechanics: positions bed or overbed table to a working level.			
Specific Skill: Inserting Indwelling (Foley) Catheter			
1. Positioned patient. a. Female patient positioned supine with knees flexed and separated. b. Male positioned supine.			
2. Draped patient for privacy, exposing only labia in			

PROCEDURE STEPS	S	U	COMMENTS
females and penis in males.			
3. Prior to insertion, don non sterile gloves and cleanse the urethral and perineal area with soap and water, rinse (pericare bottle may be used) and gently dry the cleansed area. Remove gloves and perform hand hygiene.			
4. Position equipment as needed. a. Opened prepackaged catheter tray and placed it in convenient location. b. Placed bottom drape adjacent to female patient's buttocks. c. Held drape by corner only and allowed it to fall open. d. Placed drape under buttocks still touching only corners.	-	-	
5. Donned sterile gloves.			
6. Placed fenestrated upper drape in place (optional).			
7. Opened lubricant and put in catheter tray.			
8. Poured antiseptic on cotton balls.			
9. Cleaned area around urinary meatus. a. For female patient, spread labia with nondominant hand while holding cotton ball in dominant hand. Used first cotton ball to clean from top to bottom of right side of urinary meatus and discarded; used second to clean left side from top to bottom and discarded; used third to clean down center directly over meatus and discarded b. For male patient, used at least two cotton balls. Start at the meatus, cleanse the glans in a series of circular motions from the inside to the outside, partially down the shaft of the penis. Repeat one time.			
10. Lubricated and inserted catheter. a. Picked up catheter 1 to 2 inches from tip with sterile dominant hand and lubricated tip. b. In male patients, used nondominant hand to hold penis perpendicular to patient's body and used fingers to gently encircle and stabilize penis. If resistance met, had patient take deep breath while twisting (rotating) catheter; did not force catheter c. Inserted catheter until urine began to flow (2 to 3 inches in females and 7 to 9 inches in males) and then inserted 1 inch more.			
11. Inflated balloon by injecting 10 ml. of water via			

PROCEDURE STEPS	S	U	COMMENTS
syringe or according to manufacturer directions. Remove gloves.			
12. Apply non sterile gloves. Taped catheter to inner aspect of thigh.			
13. Established drainage system: attached bag to bed frame below level of bladder.			
14. Completed procedure: a. Blotted or rinsed excess solution from perineum. b. Made patient comfortable. c. Discarded all trash. Removed gloves and performed hand hygiene.			
15. After indwelling catheter is in: perform foley catheter care soap/water/rinse/pat dry every 24 hours and as needed prn. a. Female with a indwelling catheter, the 24 hour care consists of cleaning the urethral area using circular motions moving outward with a washcloth using soap and water, rinse and gently pat dry. Using a separate washcloth cleanse the catheter beginning at the insertion site and moving away from the body using soap and water. b. Male with a indwelling catheter, the 24 hour care consists of cleansing around the meatus using a washcloth soap and water. Using a separate washcloth clean the area between the scrotum and rectum. Plus cleanse the catheter with a separate washcloth beginning at the insertion site and moving away from the body. 1. If the client is uncircumcised retract the foreskin and replace foreskin after cleansing.	-	-	
Removing an indwelling catheter:			
1. Dons clean procedure gloves.			
2. Places towel or waterproof drape between patient's legs and up by urethral meatus.			
3. Removes tape securing catheter to the patient.			
4. Deflates balloon completely by inserting syringe into the balloon valve and aspirating the fluid.			
5. Instructs patient to relax and take a few deep breaths as the nurse slowly withdraws the catheter from the urethra.			
6. Wraps the catheter in the towel or drape.			
7. Cleanses the perineal area.			
8. Measures the urine and then empties it in the toilet; discards the catheter, drainage tube, and			

PROCEDURE STEPS	S	U	COMMENTS
collection bag in the biohazard waste receptacle.			
After the procedure: a. Evaluates patient's response to the procedure. b. Leaves patient in a comfortable, safe position (safety checks) with call light within reach. c. Hand hygiene before leaving the room			
Completes skill in allotted time (30 minutes).			

Documentation in an organized format (does not count in allotted time):