

Suprapubic Catheter Support

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high-intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding providing urinary catheterisation support.

When training LWB staff in suprapubic catheter care, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB 5657 HIDPA Suprapubic Catheter Care - Training Essentials (this document)
- you have accessed the relevant LWB HIDPA Support Procedure
- names of staff member/s you trained in the person's plan and support task
- that the staff member/s were assessed as competent and effectively demonstrated skills, knowledge and understanding associated with the plan, or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at LearningDMH@lwb.org.au.

Thank you for working in partnership with LWB to maintain the safety and wellbeing of the people we support, and assist us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of urinary catheterisation support.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Understands the anatomy of the lower urinary tract, the purpose and complications associated with the procedures	Accurate identification of the organs of the lower urinary tract
	An understanding of the need and purpose for suprapubic catheter care
	An understanding of the person's Suprapubic Catheter Care Plan, including when and what action is required
	An understanding of any complications associated with the procedure
Emergency Response	Knowledge of when to stop the procedure and what action to take
Administration of suprapubic catheter care as per the person's plan.	How to check the person's Suprapubic Catheter Care Plan
	How to wash hands and put on appropriate PPE
	How to gather equipment and prepare the area
	Cleaning the insertion site
	How to check the surrounding skin for redness, breakdown, swelling or discharge
	How to carefully hold the catheter to ensure it does not become dislodged during the procedure
	How to clean the skin around the stoma using a moist cloth and moving in a circle away from the stoma
	How to hold the end of the catheter near the insertion site and wipe the tube with a clean cloth starting at the stoma end and working away from the stoma
	How to carefully dry the area using a clean cloth
	How to apply a clean dressing if required
	How to secure the tubing to the abdomen ensuring there are no kinks

Essential Training Element	Training Outcome
	LWB staff members will practically demonstrate:
	Emptying the catheter bag
	How to loosen the leg strap if required
	How to open the drain tap at the lower end of the leg bag
	How to empty the leg bag into the toilet or container as the person prefers
	When the leg bag is completely empty, how to close the drain tap and secure the leg straps
	How to dispose of waste and clean the container
	Attaching the overnight bag
	How to empty the leg bag, as above
	How to check that the overnight bag is clean and that the drain tap at the lower end of the bag is closed
	How to connect the overnight bag to the drain tap on the leg bag, maintaining a closed drainage system
	How to attach the overnight bag to a stand or similar, ensuring it is below the level of the catheter and does not come into contact with the floor
	How to wipe the end of the catheter with an alcohol swab
	How to secure the leg bag as preferred by the person
	How to check that the leg bag is secure and the drain tap is open
	Changing the leg bag
	How to remove the securing straps and empty the leg bag into the toilet or container
	How to hold the catheter in one hand and disconnect the leg bag

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
	How to remove the plastic cover from the tubing on the new leg bag and connect the tubing to the catheter without touching the end of the catheter or tubing
	How to ensure the ends of the catheter and tubing do not contact other surfaces
	How to secure the leg bag as preferred by the person
Shows respect for the individual and works with them to make the process comfortable	Ensuring support practice respects the person throughout the process.
	An explanation to the person of each step to be taken and seek their consent before performing any tasks
	Actively involving the person in their support, as outlined in their plan, and to their chosen level
	How to assist the person into the correct position for the procedure and reassure them throughout the process
Health, Safety and Environment	How to follow hygiene and infection control procedures. For example, they wash their hands and put on appropriate PPE before commencing activities
	How to clean and dispose of all equipment and waste appropriately
	Appropriate and accurate documentation, and when it is completed.