

Indwelling 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 indwelling 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 5656 HIDPA Indwelling 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 indwelling catheter support
	An understanding of the person's Indwelling Catheter Support 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 indwelling catheter care as per the person's plan.	How to check the person's Indwelling Catheter Support 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 use warm soapy water to wipe the catheter, working away from the insertion site
	How to clean the area around the insertion site, working away from the site
	If the person we support is a male, how to pull back the foreskin and wipe down the penis
	How to rinse with warm water using the same technique as above
How to carefully dry the area	

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Administration of indwelling catheter care as per the person's plan.	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
	Removing the night 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
	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 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 drain tap on the leg bag is closed
Shows respect for the individual and works with them to	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

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
make the process comfortable	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.