HERZING UNIVERSITY | SCHOOL of NURSING

FOLEY CATHETER INSERTION
SKILL VALIDATION

Student Name: _____ Date: _____

Supplies Needed	Foley catheter tray, Foley catheter securement device (statlock), extra sterile gloves
Equipment Needed	Nursing Manikin or Foley task trainer

	Points Allowed	1st Attempt	2nd Attempt
Preparation			
Perform I-CHECK: Introduce yourself; Check armband **(two patient identifiers);** Hand hygiene; Explain procedure; Check order; Keep privacy	+1		
Position patient: Female: dorsal recumbent (supine, knees flexed) Male: supine, legs extended, thighs abducted. Expose the groin by pulling the blanket to abdomen	+1		
Place a waterproof drape under the buttocks. Verbalize performing perineal care, removing gloves, and performing hand hygiene.	+1		
Open Foley catheter tray **using sterile technique (open away from you, then the two sides, and then towards you)** • If moving the tray between the patient's legs, place a sterile drape between the patient's legs. • If using a fenestrated sterile drape, place it over the patient's genitalia. (The drape can only be touched in the outer 1 inch. All sterile techniques apply.	+1		
Don sterile gloves	+1		
Set up and **prepare catheter kit while maintaining sterility** • Ensure drain bag is in the closed position • Remove sheath from catheter • Loosen cover of the prefilled syringe and connect to the balloon port • Open lubricant and place the tip of the catheter in the lubricant • Open cleansing supplies (If utilizing cleansing sticks, open package and place in the corner of the tray. If utilizing cotton balls with solution, place cleaning solution on cotton balls)	+5		
Insertion			
Use non-dominant hand to stabilize genitals (women: spread labia and **do not release until catheter is fully inserted;** men: grasp penis below the glans, retract foreskin if needed)	+1		
Cleanse around urethral meatus using at least three (3) swabs, while maintaining sterility (Female: Wipe from clitoris to anus in this order: far labia fold, near labia fold, then center of meatus; Male: Clean in circular strokes from meatus outward)	+1		
Insert catheter into urethral meatus while maintaining sterility. Ask patient to bear down until urine return is visualized • Then **advance 1-2 more inches** for females or **advance to bifurcation** for males.	+2		
Release genitals with non-dominant hand and hold catheter in place with that hand	+1		
Use dominant hand to inflate balloon with the amount of sterile water stated on the packaging. Ask patient to report any pain.	+1		
Remove syringe and pull back gently on catheter to ensure correct placement	+1		

Bolded Items: If missed and not caught, it will result in an automatic failure. *Updated 11/14/2024*

Completion			
Secure catheter to patient's thigh using a securement device and drainage bag to a stationary part of the bed	+1		
Ensure patient is cleaned up from excess lubricant, or if betadine was used (If you used betadine for cleaning, remove gloves, wash hands, don clean gloves, and clean off any excess Betadine from patient)	+1		
Cover patient and return to a comfortable position; lower bed if raised	+1		
Discard used supplies, remove contaminated gloves, and perform hand hygiene	+1		
Document the procedure, including date/time, catheter size, amount of water in balloon, urine appearance, and patient's response. *No Points but Required*			
Total Points (successful/unsuccessful) **17 out of 21 needed to be successful**			
Comments **1st Attempt:** **2nd Attempt:**			

Evaluator Initials or Signature: _____ Date: _____

1ST Attempt Pass _____**/ Needs Remediation**_____

Evaluator Initials or Signature: _____ Date: _____

2nd Attempt Pass _____**/ Lab Fail**_____

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