



## FOLEY CATHETER INSERTION SKILL VALIDATION

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

	Points Allowed	1 <sup>st</sup> Attempt	2 <sup>nd</sup> Attempt
<b>Preparation</b>			
Perform I-CHECK: Introduce yourself; Check armband ( <b>two patient identifiers</b> ); 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 <b>using sterile technique (open away from you, then the two sides, and then towards you)</b> <ul style="list-style-type: none"> <li>If moving the tray between the patient's legs, place a sterile drape between the patient's legs.</li> <li>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.</li> </ul>	+1		
<b>Don sterile gloves</b>	+1		
Set up and <b>prepare catheter kit while maintaining sterility</b> <ul style="list-style-type: none"> <li>Ensure drain bag is in the closed position</li> <li>Remove sheath from catheter</li> <li>Loosen cover of the prefilled syringe and connect to the balloon port</li> <li>Open lubricant and place the tip of the catheter in the lubricant</li> <li>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)</li> </ul>	+5		
<b>Insertion</b>			
Use non-dominant hand to stabilize genitals (women: spread labia and <b>do not release until catheter is fully inserted</b> ; men: grasp penis below the glans, retract foreskin if needed)	+1		
Cleanse around urethral meatus using at least three (3) swabs, <b>while maintaining sterility</b> (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 <b>while maintaining sterility</b> . Ask patient to bear down until urine return is visualized <ul style="list-style-type: none"> <li>Then <b>advance 1-2 more inches</b> for females or <b>advance to bifurcation</b> for males.</li> </ul>	+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		



Updated 11/14/2024