

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Replace urinary Catheter (through the urethra into the bladder)
Code	106050L4
Range	This Unit of Competency is applicable to employees in the elderly care services industry who provide clinical care to elderlies. This Competency involves the abilities of analysis and making judgment. Employees are required to safely replace urinary catheters for elderlies according to relevant guidelines and protocol of the institution, reasons for replacing catheter and condition of their urinary system, while implementing care procedures and monitoring elderlies for possible complications after such replacement, so as to ensure elderlies' safety and minimise the discomfort during the process.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Knowledge on replacement of urinary catheters (assess bladder via urethra)</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand relevant protocols and guidelines of the institution regarding replacing urinary catheters • Understand the anatomy of the uro-genital system, for example, the structure of urinary bladder, the urethra and the reproductive organs • Understand the common indications of using urinary catheter and the reason for replacement • Understand different types of urinary catheters and related tools, including: <ul style="list-style-type: none"> ○ FR (the diameter of a urinary catheter is measured in French (Fr)) ○ the material which the urinary catheter is made of, for example, latex and silicon ○ urinary catheters with different number of ports, for example two-way and three-way catheters ○ sterile products, for example, dressing towel, gauze, antiseptics and forceps ○ urine bag • Understand aseptic technique • Understand proper infection control measures • Understand the possible complications caused by indwelling catheters and their management • Understand the correct catheter replacement technique • Understand the nursing care after replacement of urinary catheter • Understand methods to document a the procedures properly <p>2. Replacing urinary catheters</p> <p>Be able to</p> <ul style="list-style-type: none"> • Use appropriate urinary catheter according to the instructions of healthcare professionals • Verify the identity of the elderly • Explain the procedures to elderlies and obtain their consent • Take measures to protect the privacy of elderlies • Verify the type of urinary catheter used and replace the catheter with aseptic technique, including: <ul style="list-style-type: none"> ○ remove the current catheter properly ○ use aseptic technique ○ use antiseptics to clean elderlies' groin area • Use lubricant properly to reduce the discomfort caused, such as

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	<ul style="list-style-type: none"> ○ inflate the balloon with adequate amount of sterile water to stabilize the catheter ○ connect the urinary catheter to urine bag • Provide nursing care after the replacement of urinary catheter, such as <ul style="list-style-type: none"> ○ stabilize the urinary catheter on the medial side of the thigh to prevent excessive movement ○ position the urine bag below the level of the urinary bladder to prevent back flow of urine ○ detect any twisting or compression of the catheter ○ monitor the urine output, the patency of the catheter and the fullness of the urinary bladder ○ advise elderlies to be mindful of the urinary catheter when they move, so as to prevent them from pulling the catheter by accident ○ keep the urethral opening clean • Monitor for possible complications, for example: <ul style="list-style-type: none"> ○ abrasion of skin or mucous membrane ○ bleeding ○ urinary tract infections • If signs of complications appear, attend to the case immediately; refer the case to healthcare professions if necessary • Educate elderlies the proper ways to care for urinary catheter, so as to prevent complications • Document properly the course of the replacement, the date, the urinary catheter and the equipment used <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Replace urinary catheter according to evidence-based guidelines • Perform proper infection control measures before replacing urinary catheter; minimize the discomfort caused by the procedure • Protect the privacy of elderlies; be mindful of elderlies' feelings throughout the process; maintain their dignity
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to replace urinary catheters correctly according to relevant guidelines and protocol of the institution, reasons for replacement and the condition of elderlies' urinary system, while using proper urinary catheter and devices; and documenting the procedures and relevant details; • Ability to detect and manage possible complications; and • Ability to educate elderlies with knowledge on urinary catheter care
Remark	<p>This Unit of Competency is performed by Health&Care practitioners, enrolled nurses or registered nurses with valid licenses to practice.</p>