



Infection Prevention Newsletter May 2023

Hello and welcome to Westmorland and Furness Council Infection Prevention and Control newsletter for care settings. An **electronic version** can be accessed via the QR code. This electronic version has active links to useful information and a survey to have your say on IPC topics for training. This month focuses on Catheters and Covid-19 spring booster.

Residents with a catheter are at a higher risk of infection as catheters can allow bacteria to enter the body

All residents in care settings who have a catheter should have a Catheter Passport

- A catheter is a flexible tube that enables urine to pass through from the **bladder**
- Catheters can either be inserted through the urethra or through the lower abdomen (suprapubic catheter)
- There are two main types of catheter.
 - Intermediate - Used for a short period of time usually to empty the bladder then removed shortly after or
 - Indwelling - May remain in situ for days, weeks or long term
- Catheter tubing must sit below the bladder allowing good drainage and prevents back flow, reducing infection risk
- Catheter bags must be secured appropriately, leg bags should be secured using the fabric straps around the leg. Leg bags and ports should be changed every 7 days
- Night bags on a nightstand and not on the bed ensuring catheter tubing is not obstructed or under tension
- Leg bags should be emptied when they are half to three quarters full and valves should be drained at regular intervals through the day to prevent urine building up in the bladder
- When inserting a new catheter or performing a bladder washout ANTT must be used
- A new catheter should be inserted every 3 months or when clinically indicated
- Urine sample must be taken via the [cleaned] port - not from the tap
- Catheter care is essential in reducing infection. Residents should be supported to perform good personal hygiene and women should wash front to back this reducing the chance of faecal contamination.
- Washcloths and towels should be changed between areas of the body
- When performing catheter care look out for signs of infection, any swelling or pain, check skin integrity, drainage, and ensure documentation is clear with the catheter care that was performed
- Ensure appropriate PPE is used when handling the catheter or drainage bag and wash hands afterwards.
- Residents who require a catheter will be discharged from UHMBT with a *male* catheter irrespective of gender which can be changed appropriately when home
- Residents discharged from hospital will be discharged with a 'hospital to home' pack which will include 1 leg bag, 7 night bags and appropriate fixation
- UHMBT are offering Catheter Passport roll out support sessions. A good opportunity to ask for any help and support with catheters

Covid Spring Booster

It is important the Covid-19 spring booster is offered to all residents in care settings and residents are supported to access vaccination. Covid-19 is more serious for older people and with certain underlying health conditions. Vaccination for Covid-19 cannot take place within 28 days of active infection

Have your say

In addition to the training currently provided by the IPC team we would like your suggestions on topics and content you would like us to include. [Here is a link to the survey.](#)

