

# IPC Bulletin for Care Homes

## Issue No. 56 - February 2025



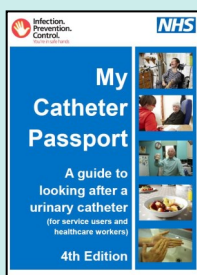
Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

## Urinary catheter management and avoidance

### Catheter associated facts and risks:

- A urinary catheter will become colonised by bacteria within 48 hours
- For every day that a urinary catheter remains in-situ, the risk of a catheter associated urinary tract infection increases by approximately 5%
- Urinary tract infections account for around 1 in 5 of all healthcare associated infection, with almost 50% associated with urinary catheters

For some residents, having either a short-term or long-term urinary catheter is unavoidable. However, all catheters pose a continual and increasing risk of urine infection which can lead to life threatening complications, such as sepsis. Every resident should have a plan in place to regularly review the need for their catheter.



### Catheter Passport

When accepting a resident from a hospital ensure their 'Catheter Passport' includes:

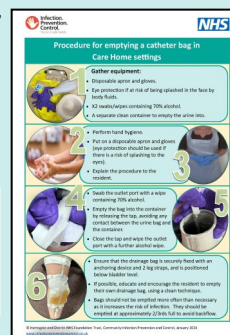
- The reason why the catheter was inserted
- Date of insertion, size and type of catheter
- Problems experienced during catheterisation and if antibiotic prophylaxis is required
- A plan for 'trial without catheter' (TWOC) if appropriate
- A date for review of the catheter or when it should be changed

### Prevention of catheter associated urinary tract infection

- Does the resident need the catheter? Can an alternative approach be used to avoid the use of a catheter? If unsure, discuss the responsible healthcare practitioner.
- Ensure staff who empty or change the bag have appropriate catheter management training.
- Always perform hand hygiene and use appropriate personal protective equipment when handling catheters.
- Swab the drainage bag tap with an alcohol wipe before and after emptying into a suitable clean container.
- Use a fixation device or straps and keep the drainage bag below the level of the bladder and off the floor.
- Maintain a closed catheter system, except when changing leg bags or attaching night bags, when a clean non-touch technique must be used.
- Support personal hygiene, cleaning the catheter tubing in the direction away from the person's body to the catheter bag.
- Help prevent resident dehydration.

### A selection of resources for staff on urinary catheter care can be downloaded free:

[www.infectionpreventioncontrol.co.uk/resources/?filter\\_keyword=&filter\\_audience%5B%5D=care-homes&filter\\_topic%5B%5D=utis](http://www.infectionpreventioncontrol.co.uk/resources/?filter_keyword=&filter_audience%5B%5D=care-homes&filter_topic%5B%5D=utis)



### What's new – click on the links below:

- **IPC training event** for Care Homes and Domiciliary Care, 17th March, 2025. [www.infectionpreventioncontrol.co.uk/events/](http://www.infectionpreventioncontrol.co.uk/events/)
- **QNI—IPC Champions Network**, 27th February 2025, 2-4pm via Zoom
- **SICPs Assurance: Annual IPC Audit for Care Homes** (Updated December 2024)—free to download
- **Stop the spread of infection Poster**—free to download

Visit our website to find lots of IPC resources, many of which are free to download.

[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

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