NURS 141
Video Skill Evaluation
Inserting a Foley Catheter – Level III

| Student: ______________________________ | Pass______ Fail______ |
| Evaluator: ____________________________ | Date:______________ |
| Method: Mannequin                      | S  U  NP  Comments   |

1. **Standard protocol**
   - Place waterproof pad under client

2. Position and drape client

3. Apply disposable gloves, Cleanse patient’s perineal area with soap and water, rinse and dry. Identify urinary meatus. (If the male patient is uncircumcised-retract foreskin at this time.)

4. Remove gloves. Perform hand hygiene

5. Open catheter kit and place sterile drape between client’s legs

6. Apply sterile gloves. Use fenestrated drape as desired

7. Set up sterile supplies
   - a. Pour sterile antiseptic solution on cotton balls
   - b. Open lubricant
   - c. Remove specimen container
   - d. Attach prefilled syringe to the injection port.
   - e. **NOTE at this time according to your facilities policies &/or manufacturers recommendations testing the integrity of the balloon may be required.**
   - f. Lubricate catheter tip

8. Place sterile tray and contents on sterile drape between client’s thighs

9. Cleanse urethral meatus:
   - a. **Female client**: retract labia with nondominant hand (which is now contaminated) to expose meatus. Maintain position of nondominant hand throughout procedure. Use forceps to hold cotton ball. Clean labia and urinary meatus from clitoris toward anus. Use a new cotton ball for each area cleansed. Cleanse by wiping the far labial fold, the near labial fold, and directly over the urethral meatus.
   - b. **Male client**: Grasp penis at shaft below glans. Maintain position of nondominant hand throughout procedure. With uncontaminated dominant hand, cleanse meatus with cotton balls using circular strokes, beginning at the meatus and working outward in a spiral motion. Repeat three times using clean cotton ball each time.
10. Pick up catheter with gloved dominant hand 1½ - 2 inches from tip.

11. Insert catheter:
   a. Female client: Slowly insert catheter until urine flows out catheter end, then advance catheter 1-2 inches. Release labia and hold catheter in place with non-dominant hand. Inflate balloon. Pull gently to feel resistance.
   b. Male client: Lift penis perpendicular to client’s body and slowly insert catheter until urine flows, then advance catheter to bifurcation of drainage and balloon inflation port. Inflate balloon. Pull gently to feel resistance. If uncircumcised – replace foreskin over glans

12. Hang drainage bag below level of bladder & anchor catheter
   a. Female client: secure to inner thigh
   b. Male client: secure to top of thigh or lower abdomen

13. Standard protocol

14. Document characteristics and amount of urine, specimen collection if obtained, and client’s response to procedure and teaching concepts. Initiate I & O record.

**Additional comments:**