



## Clean Intermittent Catheterisation Skills Assessment Checklist: Girls

Child's Name..... Child's Form .....

Person Trained..... Assessor .....

Assessor job title/contact details .....

**Objectives:**

The person trained is able to demonstrate understanding of the reasons for catheterisation  
 The person trained is able to show that they understand how to safely insert the catheter, drain the named child's bladder and remove the catheter

Action	Explanation Insert date	Demonstration Insert date	Observed and Competent Insert date and any comments
Confirm all equipment required is correct and accessible (All child's equipment to be kept in own lidded box) <ul style="list-style-type: none"> <li>• Water soluble lubricant if needed</li> <li>• Catheter</li> <li>• Cleansing supplies</li> <li>• Container for urine if needed</li> <li>• Mirror (if used)</li> <li>• Gloves</li> </ul>			
Confirm that location is available and suitable for the catheterisation			
Wash hands correctly for 15-30 seconds			
Put on gloves (Put on two pairs if child cannot wipe themselves)			
Prepare/open catheter, following manufacturer's instructions			
Position the child and involve them promoting independence as appropriate. (according to individual care plan)			
Prepare cleaning materials			
Open labia majora and minora			
Clean from front of folds to back of meatus			
Use each wipe once only. Repeat as necessary. Remove second pair of gloves if in situ.			

Hold the catheter about 3 inches (7.5cm) from the tip			
Insert lubricated catheter into the urethra with consistent pressure. Never force the catheter			
Stop inserting catheter when urine flows. Ensure catheter over the container or toilet			
When urine stops flowing insert catheter slightly more, rotate and then slowly withdraw the catheter. If urine flows again stop moving the catheter until the urine has stopped flowing			
Withdraw the catheter slowly when urine flow stops			
Measure and record urine volume (if required)			
Dispose of urine and catheter, clean equipment and put away unused equipment			
Help the child to dress (if required)			
Wash hands			
Communicate appropriately with the child throughout			
Record procedure and any observations			
Identify what would constitute a general cause for concern and how to respond e.g. child is unwell			
Identify what would be a cause for concern for this child and how to respond (as per individual care plan)			
Report any changes or concerns (as per individual care plan)			

Checklist content approved by specialist nurse/consultant (name) .....

Signature ..... Date.....

Contact details .....

Checklist content seen and agreed by parent/carer (Name) .....

Signature ..... Date.....