Decreasing Intermittent Catheterization: Urinary Retention Clock Pie Chart Protocol.

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ABSTRACT

A rehabilitation nurse becomes an advocate and ensures positive communication between the interdisciplinary team. Nurses often have patients with the diagnoses of acute urinary retention. My goal as a nurse resident was to establish a series of interventions to prevent the need for intermittent catheterization.

A patient with an indwelling catheter or the need of intermittent catheterization can interrupt therapy and prolong a patient’s stay. In addition, an indwelling catheter can place the patient at risk for further complications such as UTI or urethral perforation.

I incorporated a Urinary Retention clock pie chart with multiple interventions every two hours. Those interventions include, ensuring adequate fluids, bladder massaging, auditory stimulation, toileting and patient education.

Pre and post data was gathered for comparison. The final results of my residency project demonstrated increased awareness within the nursing staff on alternative methods prior to intermittent catheterization and the reduced amounts of intermittent catheterization.

LITERATURE


URINARY RETENTION PROTOCOL

- Upon admission, identify patient’s at risk for urinary retention using bladder scanner.
- If patient meets criteria of retention of equal to or greater than 350 ml, place urinary retention protocol in patient’s room.
- Initiate protocol every two hours to promote bladder emptying.
- Educate patient on the use of protocol to avoid intermittent catheterization.
- Educate nursing staff on the use of clock pie chart protocol.

RESULTS

Pre-intervention n=38
- Straight catheterization
- No catheterization

Post-intervention n=20
- Straight catheterization
- No catheterization

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References: