

Use of Lidocaine Jelly for Difficult Catheter Insertions

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Use of Lidocaine Jelly for Difficult Catheter Insertions

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BACKGROUND

- We noticed that many male patients experienced extreme pain with urinary catheter insertions. One patient on 6K was ordered lidocaine jelly for having a difficult urinary catheter insertion. The patient stated utilizing lidocaine jelly decreased the pain tremendously.
- Upon speaking with a urologist, lidocaine jelly is used to help decrease pain. Presumed by the urologist, it is not used frequently due to cost. Additionally, a doctor's order is required for the use of lidocaine jelly.
- We chose this topic to determine how many RNs would know about using lidocaine jelly with urinary catheter insertions prior to education being given.

PICO

Among RNs on 6K, will nursing education on use of lidocaine jelly for difficult urinary catheter insertions versus standard protocol increase nurses' knowledge on lidocaine jelly use

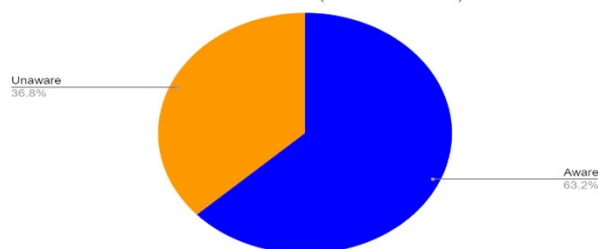
- **P:** Registered nurses
- **I:** Education on utilizing lidocaine jelly for urinary catheter insertions
- **C:** No education on utilizing lidocaine jelly
- **O:** Increase in nurses' knowledge on lidocaine jelly use

EVIDENCE

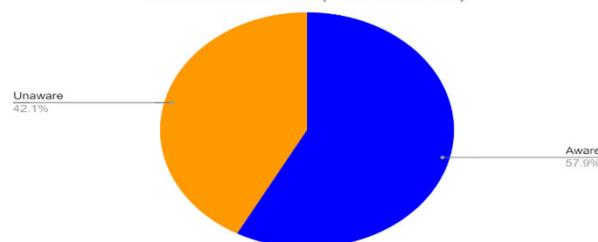
- Aygin and Usta (2017) completed a systematic review on the use of lidocaine gel versus water-based lubricants to relieve pain during foley catheterization. The study showed patients who used lidocaine gel had less pain upon catheterization versus patients who used water-based lubricants. The gel used had a direct influence on the pain and the level of pain in male patients.
- Research conducted by Siderias et al. (2004) illustrated that patients who used 2% lidocaine gel, during the research, preferred Lidocaine gel to be used if they were to be catheterized again, given they would have a choice to choose the lubricant used.
- Catheterization is necessary for many patients, however it can cause discomfort, pain, and potentially a lethal infection. Therefore, all staff performing the procedure must understand the measures they need to utilize to decrease pain, trauma, and risk of infection (Mangall, 2012).

OUTCOMES

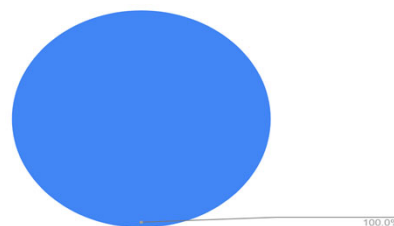
Nurses Awareness of Alternatives to Standard Lube for Catheter Insertion (Pre-Education)



Nurses Knowledge of How to Obtain Lidocaine Jelly for Catheter Insertion (Pre-Education)



Nurses Knowledge Of How To Obtain Lidocaine Jelly After Education



Pictured above are the post education results. 100% of the nurses are aware of how to obtain lidocaine jelly.

IMPLEMENTATION

- Pre survey distributed to 6K medical surgical RNs to see how much knowledge they have about lidocaine jelly.
 - 76% surveys received
- Education on use of lidocaine jelly for urinary catheter insertions shared among 6K RNs via poster
- Post surveys distributed to conclude outcome of education
 - 24% surveys received

NEXT STEPS

- Disseminate education of this project to other areas
- Discuss with leadership possibility of revising urinary catheter insertion policy to include evidence on use of alternative strategies for difficult urinary catheter insertions

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