

Meatal Hygiene Procedure of Catheterized Patients

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Purpose: Reduce CAUTI risk factors

Rationale: Practice standards for performing proper urethral meatal hygiene for the catheterized patient are currently not well defined in national recommendations. As a result, routine meatal hygiene for patients with an indwelling urinary catheter is often performed during the daily bath and/or after an incontinence episode often using the same materials for each task. Healthcare workers' hands, and the materials used, become contaminated during the bath and incontinence clean-up. When contaminated hands and materials are used to perform meatal hygiene the risk of contaminating the meatus and the catheter with microorganisms is high. This contamination is believed to contribute to catheter associated urinary tract infections (CAUTIs).¹ Meatal hygiene should therefore be standardized and performed as a *clean* procedure to decrease the risk of CAUTI for catheterized patients.

Solution: Provide a product to standardize meatal hygiene and facilitate the use of clean technique during that procedure.

Proper technique for meatal hygiene for the catheterized patient:

1. Perform hand hygiene per hospital policy.
2. Don clean exam gloves.
3. Open Sage M-Care package.
4. Use 1st cloth to clean around the catheter at the meatal-catheter junction.
5. Use the 2nd cloth to clean the periurethral / meatal area. Start at the meatus and using a circular path, wipe away from the meatal-catheter junction.

Frequency

1. At the end of the daily bath and at least once each shift
2. After each episode of incontinence

¹ Gould C., Catheter-Associated Urinary Tract infection (CAUTI) Toolkit, CDC