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# Alternatives to Long Term Catheterisation.

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# Alternatives are.....

- Intermittent catheterisation
- Urinary sheaths for men
- Male/female urinals and urine directors
- Toileting aids and adaptations
- Pads



# INTERMITTENT CATHETERISATION

# Intermittent catheterisation

- Different types available
  - Female/ standard length
  - Compact
  - Tiemann tip (coude)
  - Prelubricated/Pennine



Catheter sets



# Benefits of intermittent catheterisation

- Improved self image
- Sexual freedom
- Independence and control
- Less risk of urinary tract infection
- The upper urinary tract is protected
- Reduction in aids & appliances
- Improves the patients quality of life
- Improves continence



# Criteria Required to Undertake Intermittent Catheterisation

- Consent/motivation
- Dexterity
- Mobility
- Agility
- Ability to learn
- **AGE IS NEVER A BARRIER**





# URINARY SHEATHS FOR MEN

External catheters



# Benefits of sheaths

- Less risk of urinary tract infection than catheters
- Less physical trauma than catheters
- Comfort
- Avoids frequent pad changes
- Travel
- Range of products to suit



# Criteria required for sheath fitting

- Bladder emptying capacity
- Dexterity
- Penile skin integrity
- Cognitive understanding
- Motivation to fit sheath by self/helper
- Penile length (appliances available for retraction)



# Sheath complications/ problem solving

- Retracted penis
- Adhesion problems
- Skin damage/allergy
- Compression problems
- Sheath removal
- Infection
- Intermittent catheterisation





# URINALS AND URINE DIRECTORS

# Male & Female Urinals & Urine Directors



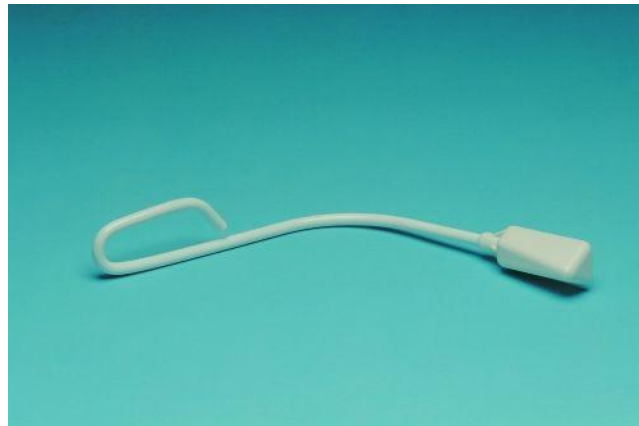


# TOILETING AIDS

# Toilet Adaptations



# Toileting Aids



# Adapted Clothing





# PADS

# Managing Incontinence

- Washable products
- Disposable products (pads)
  - To keep the patient dry using a pad as small as possible & as large as necessary
  - The dimensions of a patients posterior do not determine the size of pad, this is determined by the amount of urine passed



# How the Pad Structure Prevents Tissue Damage

- Leakage barriers down the sides of the pad trap fluid,
- One-way top layer allows fluid to pass through quickly, leaving the skin dry,
- The special layer directly below quickly absorbs the fluid,
- Wetness indicator changes colour when the pad is full.





# Disposable Products

## General rules:

- Measure waist and hips to select correct size pants
- The pad should fit neatly into the groin
- The plastic backing should be turned away from the body and the groin (ensure the patient knows this!!)
- Insert pads from the front
- Remove pads from the back
- Do not use talcum powder on or near the pad
- Avoid barrier cream where possible



## Using pads in the night

- Elderly people often have difficulty falling asleep, sleep less deeply and are easily disturbed
- Avoid unnecessary pad changing through the night
  - Provide opportunity to use the toilet before bed-time
  - Provision of commode or urinal
  - Use correct absorbency product to last through the night
    - Use wetness indicator to decide if a pad change is required, NOT the clock!!
    - Change pad after bowel movements

Any questions?

