



# UTI Toolkit – Module 2

## How to Prevent Catheter-Associated Urinary Tract Infection (CAUTI)



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# Objectives

- Review background and risk factors for indwelling urinary catheter and CAUTI
- Review CAUTI guidelines and determine appropriate indwelling catheter use and alternatives to indwelling catheter use
- Understand indwelling catheter insertion and maintenance techniques



# Background

- Approximately 4 million Americans undergo urinary catheterization annually
- The prevalence of catheter use in long term care is estimated between 7.5% and 10%
- Although the indications for catheterization have been extensively outlined, reports of inappropriate use range from 21% to more than 50%



# Background

- Every resident deserves to be “catheter free” and “infection free”
- Catheters pose a potential risk to residents
- Financial cost of catheter complications are difficult to quantify in long term care facilities



# Risk Factors for Indwelling Urinary Catheter and CAUTI



# Physiological Risk Factors

- Urethral, prostate and bladder trauma
- Perforation
- Urethral and catheter colonization
- Creation of biofilms
- Encrustation, sediment, and stone formation



# Physiological Risk Factors

- Catheter-related pressure injury
- Increased length of rehabilitation
- Immobility and deconditioning
- Potential adverse drug events





# Resident Related Risk Factors

- Age > 50 years old
- Diabetes Mellitus
- Debilitated Health
- Bladder dysfunction
- Fecal Incontinence
- Immobility
- Previous UTI
- Colonization with resistant organisms
- Poor personal hygiene
- Increased falls



# Caregiver Risk Factors

- Poor handwashing compliance
- Inappropriate use of catheters
- Drainage bag spigot/tube contamination
- Catheter not secured to body
- Catheter left in place longer than necessary



# Caregiver Risk Factors

- Poor insertion technique
- Breaks in closed system
- Poor application of incontinence program
- Urine collection bag raised above level of bladder



# Facility System Risk Factors

- Lack of policy on indication, insertion and maintenance technique
- Lack of sufficient supplies and equipment
- Use of “routine” catheter changes
- Lack of staff training and proficiency testing
- Lack of nurse driven catheter use protocol



# Facility System Risk Factors

- Failure to enforce facility policy/procedure
- Lack of ultrasound bladder scanning capability to assess bladder volume
- High rate of resistant organisms
- Poor facility antibiotic stewardship
- Increased cost