

# Alternatives to Indwelling Catheters

## Device-Related Infection Prevention Practice (DRIPP)

UTI's are the most common healthcare acquired infection, accounting for nearly one in five cases

Dean, p.1, 2021

More than one in ten NHS patients in England have a catheter, putting them at risk of developing a UTI

Dean, p.1, 2021

For every day that a urinary catheter remains in-situ, the risk of a catheter-associated urinary tract infection (CAUTI) increases by approximately 5%

Health Protection Surveillance Centre, p.10, 2011



## Incontinence pads

Available for males and females. Come in various shapes and sizes dependent upon the volume and frequency of leaks and the size of the individual. Available to purchase over the counter, online and some will be eligible for a prescription – Please speak to your healthcare specialist.

Healthcare professionals and patients/carers requiring further advice can access the following websites:

[continenceproductadvisor.org/](http://continenceproductadvisor.org/)  
[bbuk.org.uk/adults/adults-bladder/](http://bbuk.org.uk/adults/adults-bladder/)



## Urinals

These are obtainable for both men and women and are an extremely useful option for those who maybe experiencing urgency incontinence and cannot get access to a toilet. They may wish to use these if there's an opportunity to do so. They are available in different shapes and size and take into account that people have various dexterity needs, for further information:

[nrshealthcare.co.uk/bathroom-aids/toilet-aids/urinals](http://nrshealthcare.co.uk/bathroom-aids/toilet-aids/urinals)  
[mobilitysmart.co.uk/toileting-aids/bed-pans-urinals/male-female-urinals](http://mobilitysmart.co.uk/toileting-aids/bed-pans-urinals/male-female-urinals)

Urinals with non-return valves – there is an option for using non-return valves with urinals. This will prevent leaks and spills.



## Bladder Scanner

Bladder scanners are a safe and painless and enable the user to assess the volume of urine in the bladder. It is a non-invasive portable tool to aid in determining the need for catheterisation, For further information:

[ahrq.gov/hai/cauti-tools/impl-guide/implementation-guide-appendix-c](http://ahrq.gov/hai/cauti-tools/impl-guide/implementation-guide-appendix-c)



## Male sheaths

Sheaths are an effective alternative. They are specifically measured for the individual and placed over the penis like a condom. It is then connected to a bag and worn around the lower leg during the day and if wished a larger bag at night. There are many brands available:

[bardcare.uk/clinicians/view-products/incontinence-sheaths](http://bardcare.uk/clinicians/view-products/incontinence-sheaths)  
[coloplast.co.uk/bladder-and-bowel/male-incontinence](http://coloplast.co.uk/bladder-and-bowel/male-incontinence)  
[optimummedical.co.uk/products/sheath-alternative-incontinence-pads](http://optimummedical.co.uk/products/sheath-alternative-incontinence-pads)  
[fittleworth.com/advice-centre/continence/advice-for-men/fitting-a-urinary-sheath](http://fittleworth.com/advice-centre/continence/advice-for-men/fitting-a-urinary-sheath)



## Female External Catheters

The female external catheter allows for simple, non-invasive urine output management in female patients. Using low pressure wall suction, the female external catheter wicks urine away from the patient and into a designated collection canister.

The female external catheter:

- Protects skin by wicking away urine.
- Helps reduce urinary catheter days lowering CAUTI
- Can be used while lying down or seated in a reclined position.

It is the first of its kind and more information can be found at:

[purewickathome.com/how-it-works](http://purewickathome.com/how-it-works)  
[bd.com/en-us/offerings/capabilities/home-care/urinary-incontinence/external-catheters/purewick-female-external-catheter](http://bd.com/en-us/offerings/capabilities/home-care/urinary-incontinence/external-catheters/purewick-female-external-catheter)



## Intermittent Self Catheters

Intermittent self-catheters should be gold standard and chosen over an indwelling catheter when clinically indicated.

There are many ISC available for males and females and they come in various sizes. Should patients struggle with their dexterity there are some to help make the process of catheterising easier. As well as curved (Tiemann tips), to allow for an easier insertion for those men with enlarged prostates. ISC allow patients more independence and they also feel less restricted.

Individuals must be taught the correct clean technique and follow an appropriate regime. Here is some further information regarding ISC:

[bladderandbowel.org/conservative-treatment/intermittent-self-catheterisation/patient.info/doctor/intermittent-self-catheterisation](http://bladderandbowel.org/conservative-treatment/intermittent-self-catheterisation/patient.info/doctor/intermittent-self-catheterisation)  
[180medical.com/catheter-brands/](http://180medical.com/catheter-brands/)  
[continenceproductadvisor.org/catheters](http://continenceproductadvisor.org/catheters)





Supported by

#### References

1. Dean, E. (2001). catheters and urinary tract infections: How to reduce the risk. 2021, from <https://rcni.com/nursing-standard/newsroom/analysis/catheters-and-urinary-tract-infections-how-to-reduce-risk-177526>
2. SARI by HSE Health Protection Surveillance Centre 2011. (2011). Guidelines for the Prevention of Catheter associated Urinary Tract Infection. <https://www.hpsc.ie/az/Microbiologyantimicrobialresistance/Infectioncontrolandhai/Guidelines/File,12913,En.Pdf>.