

The NARI IDC-IMPROVE Catheter Care Project

ACIPC COMMUNITY OF PRACTICE WEBINAR

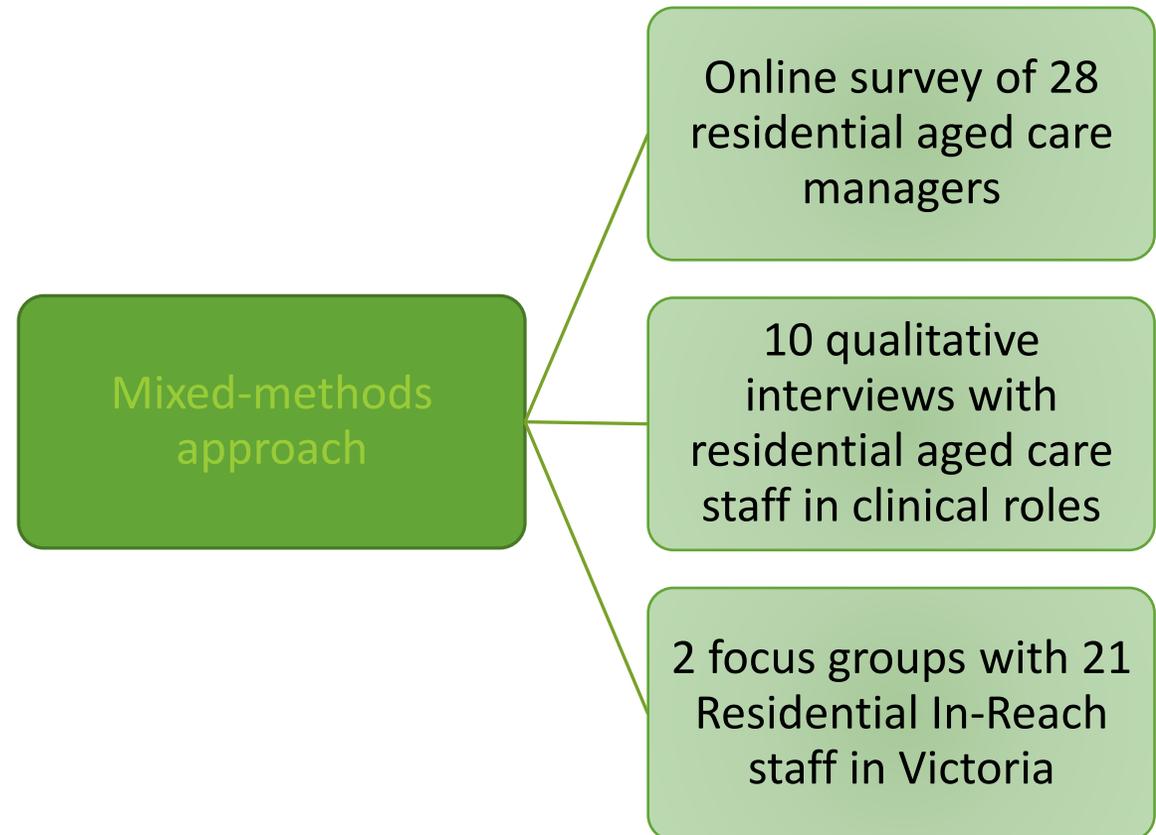
16TH APRIL 2025

PROFESSOR JOAN OSTASZKIEWICZ & ELIZABETH WATT

NATIONAL AGEING RESEARCH INSTITUTE

THE IDC-CONSULT Project (2023)

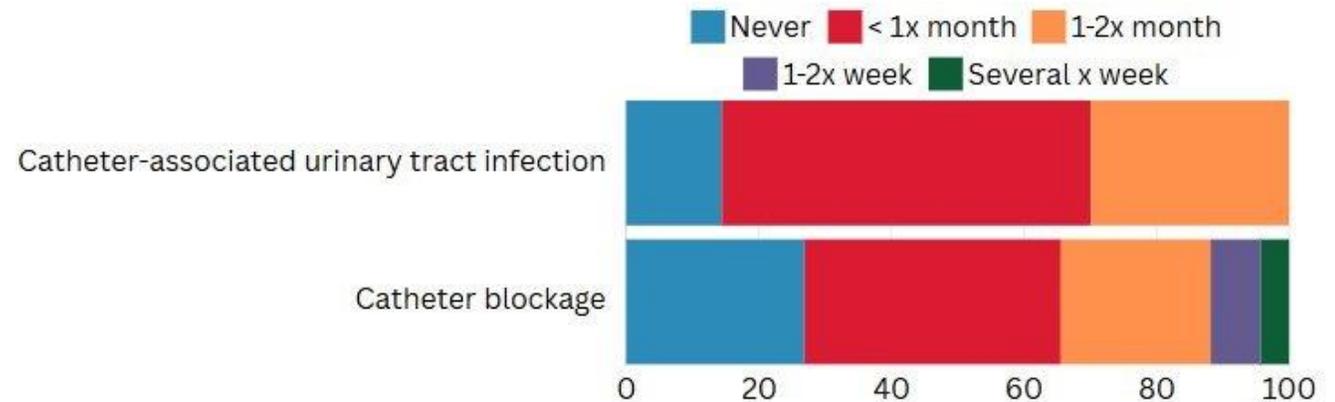
Aim: To consult with residential aged care stakeholders to obtain insights into the nature of catheter care in residential aged care homes in Victoria.



Catheter-related complications are common – particularly long-term IDCs

Residents with an IDC experienced the following problems on average once or twice a month:

- 39% catheter leakage
- 29% catheter-related infection
- 21% catheter blockage
- 18% haematuria
- 7% admission to an emergency department for an IDC-related complication
- 4% Unplanned/traumatic catheter removal IDC-associated pain



N=28 managers

Findings: Workforce gaps

**“It concerns me the level of what they get in their undergrad or what they learn just through working. It certainly doesn't teach the troubleshooting that goes on. And the skill of actually changing a catheter and all sorts of catheters”
- RN**

“I notice from the new PCA student in here, they have never been taught about [IDC care], which is why they have to learn things about that catheter when they work” - PCA



The NARI IDC-IMPROVE Catheter Care Project

AIM: To support Australia's aged care workforce to care for people with urinary catheters in aged care homes.

OBJECTIVE: To establish the feasibility of an intervention/innovation to support the aged care workforce to care for residents with indwelling urinary catheters in aged care homes.



Professor Joan Ostaszkiwicz
(Project Lead)



Associate Professor Frances Batchelor
(Senior Advisor)



Elizabeth Watt
(Senior Research Fellow)



David Barry
(Project Manager)



Caitlin Tay
(Research Assistant)



Andrew Gilbert
(Research Fellow)



Funded by the Medical Research Future Fund (MRFF) – Clinician Researchers Initiative –2022 Clinician Researchers: Nurses, Midwives and Allied Health Grant (MRFF2023825). Ethics approved by Austin Health (Ethics ID: 107165)

3 years: 2023-2026



Gaps in training programs on indwelling urinary catheter care

Gaps in training on IDC care, particularly long-term IDC care



Gaps in training on IDC insertion/removal skills



Gaps in training to maintain/extend skills on IDC insertion/removal in clinical situations

Intervention/Innovation

The IDC-IMPROVE Catheter Care Bundle

Nurses:

- IDC-IMPROVE Catheter Care Course
- Catheterisation Skills Workshop

PCWs:

- IDC-IMPROVE Catheter Care Course

Managers/Senior Leaders:

- IDC-IMPROVE Catheter Care Toolkit



Application to practice support

- 3 months (15 hrs) of support to apply learnings to practice for Managers/Senior Leaders
- Provided by an Advanced Practice Nurse

Where we are up to?

- Project launched – May 2024
- IDC-IMPROVE Catheter Care Bundle resources designed/validated in consultation with stakeholders
- Most approvals obtained
- Now recruiting aged care providers in Vic, SA and QLD

The IDC-IMPROVE Catheter Care Bundle

1. 10 principles on person-centered catheter care
2. Two online courses
3. A catheterisation skills workshop
4. A manager/senior leader toolkit
5. Application to practice support
6. Nurse and PCW capabilities
7. A catheter care audit tool

The IDC-IMPROVE Catheter Care Bundle – underpinning evidence includes:

- European Association of Urology Nurses - *Evidence-based guidelines for best practice in urological health care: Indwelling catheterisation in adults – urethral and suprapubic*. 2024.
- Best practice guideline: Long term suprapubic catheter care at home. 2021
- Australian Commission on Quality & Safety in Health Care
 - *The aged care infection prevention and control guide*
 - *Principles of aseptic technique: Information for health care workers*.
 - *To 'dip or not to dip' program, clinical pathway and audit tool*
- National Health and Medical Research Council. *The prevention and control of infection in healthcare – guidelines*
- Australian Government, Department of Health and Aged Care, Therapeutic Goods Administration.
 - *The Australian regulatory guidelines for medical devices (ARGMD)*
 - *Product information*

The IDC-IMPROVE Catheter Care Course for Nurses

An online course that builds on nurses' previous education and knowledge to implement person-centred care practices for people living with a urinary catheter in an aged care home in Australia.

- Designed to equip nurses with the knowledge & confidence to:
 1. Emotionally support a person living with a urinary catheter
 2. Conduct an assessment and apply clinical decision making prior to urinary catheterisation
 3. Understand and apply best practice guidelines related to insertion or removal and change of a urethral or suprapubic catheter
 4. Apply evidence-based nursing interventions to maintain a catheter system and minimise complications
 5. Minimise and troubleshoot potential and common catheter-related complications
- Consists of 5 modules (1 hour each)
- Completed by any nurse from an intervention site
- Nurses given 8 weeks to complete the course

The CFA Catheterisation Skills Workshops

- Available to 4 nurses from each facility who have completed the online course
- 5-8 hours duration
- Held in-person on-site
- Practice on manikins (male, female, suprapubic)
- Facilitated by an Advanced Practice Nurse
- Detailed feedback is provided

NB: Attendance at the workshop does not constitute a competency assessment of the catheterisation process.

FEEDBACK

78 aspects of the skill of female and male urethral catheterisation and suprapubic catheter change including:

- Consent and history/physical examination
- Equipment preparation
- Preparation of the catheterisation procedure area
- Preparing the person for catheterisation
- Preparation of the catheter pack and single use items
- Catheterisation of a female
- Catheterisation of a male
- Suprapubic catheterisation
- Comfort post procedure
- Post procedure cleanup and decontamination

The IDC-IMPROVE Catheter Care Course for Personal Care Workers

An online course designed that takes account of PCWs' roles and responsibilities in aged care homes in Australia.

- Designed to equip them with the knowledge and confidence to:
 1. Emotionally support a person living with a urinary catheter
 2. Understand of the basic structure and function of the lower urinary tract.
 3. Understand the purpose, main types, and the reasons why a person may need a urinary catheter.
 4. Know the role of the personal care worker caring for a person living in an aged care home who has a urinary catheter
- Consists of 3 modules (1 hour each)
- PCWs given 8 weeks to complete the course

The IDC-IMPROVE Catheter Care Toolkit for Managers/Senior Leaders

An online resource designed to assist managers/senior leaders to implement an effective, data driven quality assurance and performance improvement program about catheter care that systematically focusses on improving the care and lives of the person in their care.

It provides information on:

- The clinical risks associated with indwelling urinary catheters.
- The components of the NARI IDC-IMPROVE Catheter Care Bundle
- Principles for person-centred catheter care for aged care homes
- Catheter Care Capabilities for Nurses and Personal Care Workers
- Implementing, evaluating and sustaining person-centred catheter care

Application to Practice support

- 3 months (15 hours per site) of online/phone support
- Available to nurses who attend the workshops and participating managers/senior leaders
- Provided by Advanced Practice Nurses with expertise in continence or urology nursing, practice development and education.
- Offered on an individual basis
- No diagnostic or treatment advice about individual residents with IDCs

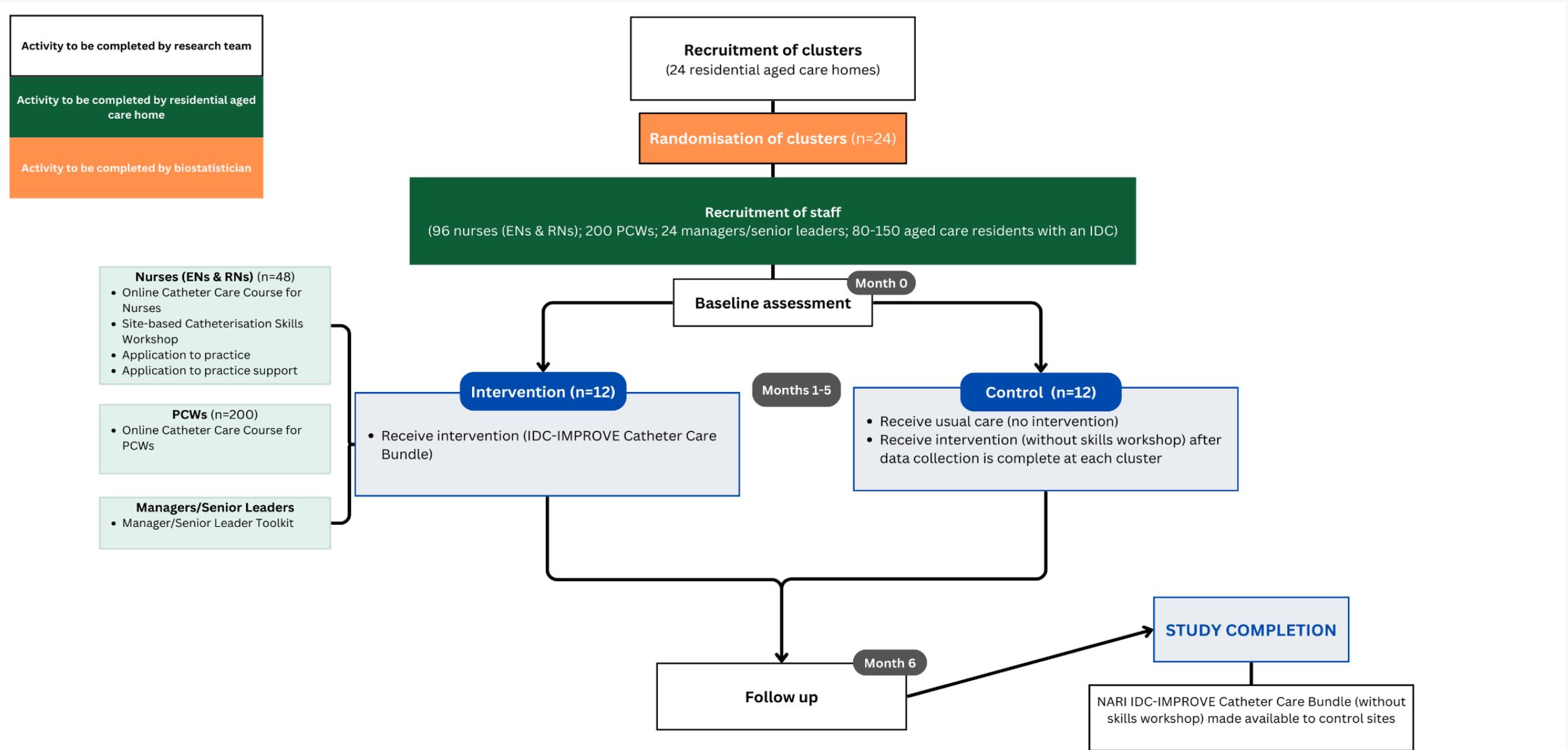
PURPOSE

- To reinforce course and workshop learning for nurses
- To build nurses' knowledge and confidence to deliver person-centred catheter care.
- To reinforce learnings from the Toolkit for Managers/Senior Leaders
- To invite Managers/Senior Leader to reflect on their current organisational policies and practice related to catheter care.

Stage 2: A feasibility trial of the Bundle

- To determine the **acceptability** of the Bundle to end users in aged care homes
- To explore the **fidelity** of the implementation of the Bundle.
- To investigate the **compatibility** of the Bundle with current aged care home catheter care practices, procedures and policies.
- To explore the preliminary **effects** of the Bundle on IDC-related complications and on nurses' knowledge and confidence to provide person-centred IDC care and on frequency of IDC-related complications.

Multi-centre, facility-level cluster randomised control feasibility trial



What data will be collected?

QUANTITATIVE DATA

- **Pre/post retrospective review of residents' medical files**
- **Pre/post audit of catheter care policies and practices**
- **Surveys of nurses**
 - Self-reported knowledge and confidence x 3
 - Self-reported competence x 1
 - Feedback on online course and workshop x 1
- **Surveys of PCW's**
 - Self-reported knowledge and confidence x 3
 - Feedback on online course x 1

QUALITATIVE DATA

- **Interviews with managers/senior leaders, nurses and PCWs on their opinions**

What we want to know

Is the intervention/innovation **feasible** for use in Australian aged care homes?

- Do staff find it useful?
- What are the barriers/enablers to its use in aged care homes?
- Did staff access / use the support?
- What additional support do staff need to implement the learnings?
- Is it possible to collect data on catheter-related complications?
- What changes need to occur in order to implement the principles?
- Does the intervention/innovation have an impact on:
 - Nurses' and PCWs' knowledge and confidence to provide IDC care?
 - Nurses' confidence to perform uncomplicated catheter changes on site?
 - The frequency of catheter-related complications?
 - Admissions to ED/hospital related to catheters?

Any questions?

Further information about this project: <https://www.nari.net.au/idc-improve>

OR

Email the research team at idcimprove@nari.edu.au