

Skills Check-Off

In/Out Catheter (Female Patient)

Candidate: _____ Examiner: _____

Date: _____ Signature: _____

Time Started: _____

	Points Possible	Points Awarded
Takes, or verbalizes, body substance isolation precautions	1	
Explains the procedure to the patient	1	
Places the patient in a supine position with knees flexed, feet flat on the bed, and legs spread apart	1	
Opens In/Out catheter kit on bedside table	1	
Dons sterile gloves	1	
Tears open iodine packet and pours over the cotton balls	1	
Applies water-soluble lubricant to catheter tip	1	
Lays sterile sheet (without hole cut out) between the patients legs	1	
Lays sterile sheet (with hole cut out) over the perineum exposing the labia majora	1	
With non-dominant hand, using thumb, forefinger, and index finger spread the labia majora and minora	1	
With dominant hand, cleanses the labia majora and minora farthest from the candidate in a downward motion, dispose of cotton ball	1	
With dominant hand, cleanses the urinary meatus in downward motion with a sterile cotton ball, dispose of cotton ball	1	
With dominant hand, cleanses the labia majora and minora closest to the candidate in a downward motion a sterile cotton ball, dispose of cotton ball	1	
With dominant hand, cleanses the urinary meatus a second time in a downward motion with a sterile cotton ball, dispose of the cotton ball	1	
With dominant hand, picks up the In/Out catheter and prepares to insert	1	
Inserts the catheter and advance 2-3 inches	1	
When urine is returned, advances approximately .5-1 inch farther	1	
Collects Specimen in tube	1	
Removes catheter from bladder	1	
Disposes of catheter and closes lid on specimen tube	1	
Cleanses lubricating jelly and iodine off of the patient's peritoneum	1	
Time End: _____	Total	21

CRITICAL CRITERIA

- _____ Does not immediately don or verbalize BSI
- _____ Contaminates the sterile field at any point, and does not restart the procedure
- _____ Inserts the catheter in a dangerous manner