

# Clinical Skills Self Assessment

## Catheterisation Male and Female

<b>Registered Nurse Name:</b>	
<b>Registered Nurse Signature:</b>	
<b>Confirmation that RN feels competent: Y/N</b>	
<b>Date self-assessment completed:</b>	

## **WE STATEMENT**

We support people to manage their health and wellbeing so they can maximise their independence, choice and control. We support them to live healthier lives and where possible, reduce their future needs for care and support.

## **INTRODUCTION**

This competency assessment has been designed to assess the practitioner's competence in safely and aseptically inserting a urinary catheter and initiating appropriate catheter management.

### **Required Equipment:**

- Sterile catheterisation pack (including drapes, cleaning solution, gloves, swabs)
- Sterile gloves and apron
- Appropriate size catheter (e.g., 12-16Fr for adults; ensure correct type: Foley/2-way or 3-way catheter)
- Sterile water for balloon inflation (usually 10ml, check manufacturer's guidance)
- Lubricating gel (with local anaesthetic if indicated and prescribed)
- Closed drainage system (leg bag or night bag)
- Disposable protective sheet
- Waste disposal bag
- Clean trolley or tray
- Documentation tools (catheter insertion record/chart)

## **AREAS TO CONSIDER DURING ASSESSMENT**

- Performed hand hygiene before and after procedure using alcohol-based hand rub or soap and water.
  - Use aseptic technique throughout procedure.
  - Maintained a sterile field— not touching any sterile equipment with non-sterile gloves or hands.
  - Use sterile gloves, sterile drape, and single use lubricating gel.
  - Cleanse the perineal/genital area thoroughly before insertion.
- Avoid unnecessary catheterisation—use only when clinically indicated.



Competency & Awareness	Comments	Pass	Fail	RNs signature	Assessors Signature
<b>Knowledge of catheterisation</b>					
Identifies correct indication for catheterisation.					
Selects correct prescribed catheter size and if it is a male or female catheter.					
Confirms resident identity and obtains informed consent.					
Can evidence prescription for catheter in use and where to record once inserted.					
Assembles all necessary equipment using aseptic technique.					
Maintains patient privacy and dignity throughout insertion.					
Performs effective hand hygiene and dons PPE.					
Positions patient correctly (e.g., supine with legs apart for females).					
Female resident inserts catheter using correct technique and minimal discomfort.					

Male resident inserts numbing cream/lubricating gel prior to inserting the catheter.					
Female resident inserts lubricating gel prior to the insertion of the catheter.					
Inflates balloon with correct volume of sterile water.					
Ensures catheter is draining correctly and secures appropriately.					
Connects closed drainage system.					
Completes documentation and catheter care plan.					
Perform hand hygiene before and after procedure using alcohol-based hand rub or soap and water.					

**COMPLETE.**

**DOCUMENTS CONTROL.**

Issue	Date	Author / Reviewed by	Reason
1.0	23.10.2025	Fiona Broadberry	Implementation