Barriers faced by neurological patients in performing self-catheterisation

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Clean Intermittent Self Catheterisation

- The use of a clean technique to drain the bladder with the subsequent removal of the catheter which the patient performs himself/herself
- Gold standard for the management of urinary retention
Neurological conditions affected

- Spinal cord injury
- Multiple sclerosis
- Multiple system atrophy
- Parkinson's disease
Benefits of CISC

Improved quality of life with better symptom management

• reduction in frequency, urgency and incontinence
• may reduce incidence in UTI
• reduce daytime fatigue
• increased confidence
• safe-guarding renal function
Patient performance of CISC is a crucial component of the management of incomplete bladder emptying.
Ensuring patient adherence to clean intermittent self-catheterization

Abstract: Patient performance of clean intermittent self-catheterization is a crucial component of the management of incomplete bladder emptying, which can arise from a variety of conditions. This allows patients to have more control over their bladder emptying, and avoids the inconveniences that come with an indwelling urethral catheter. There are, however, barriers that patients face when performing this task which may ultimately limit adherence. In this article, these barriers are discussed in more detail with potential solutions to counter them.

Keywords: clean intermittent self-catheterization, catheters, barriers, compliance, adherence

Internal factors

External factors
Barriers to clean intermittent catheterization and proposed suggestions to improve adherence

Internal factors (patient related)

Physical disabilities

- Positioning
- Dexterity
- Cognition
- Visual impairment
- Anatomical
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Psychological factors

- Misconceptions and anxiety
- Embarrassment and poor confidence
- Stigma
- Fears

Seth, Haslam, Panicker. Patient Preference and Adherence 2014
Positioning

Number of key skills

- Organisational (preparation of materials)
- Broad motor skills (when and how to sit/stand)
- Sensory input (perception and interpretation)
Dexterity

Fine motor skills (hand dexterity)

- Impaired motor function
- Impaired sensory function

Pencil and paper test (J Urol. 2011)
Cognition

- Comprehension
- Attention
- Memory
- Motor planning
Suggestions for improving adherence

- Face to face instructions with a nurse with experience in teaching CISC
Suggestions for improving adherence

- Face to face instructions with a nurse with experience in teaching CISC

- Choosing the appropriate catheter
Catheters for intermittent self catheterisation
Suggestions for improving adherence

- Face to face instructions with a nurse with experience in teaching CISC
- Choosing the appropriate catheter
- Use of catheter appliances to help locate the urethra
  - Mirrors
  - Thigh abductors
  - Labia spreader
  - Catheter holder
  - Penis holder
Suggestions for improving adherence

• Face to face instructions with a nurse with experience in teaching CISC
• Choosing the appropriate catheter
• Use of catheter appliances to help locate the urethra
  - Mirrors
  - Thigh abductors
  - Labia spreader
• Use of visual aids, leaflets, DVD.
External factors

- Access to public toilets
- Inadequate facilities in public toilets
- Availability of appropriate catheters and assistance appliances
- Quality of teaching and the training environment
- Community follow-up access to help or advice
- Availability of experienced nurse specialists
Suggestions for improving adherence

• Providing adequate time for teaching

• Ensuring regular follow-up when required

• Engaging with carer/partner when appropriate

• Standardised training of continence nurses

• Adequate budgetary provision for catheters and appliances

• Efficient catheter delivery system in the community
• Optimizing communication between primary and secondary/tertiary care

• Engaging with district nurses for optimizing support in the community

• Role for industry in improving community support

• Access to locked disabled toilets (e.g., National Key Scheme)

• Smartphone app to help locate toilet facilities
Conclusion

A dedicated professional service which provides high quality teaching, continual advice, reassurance and support will improve adherence to CISC and the patient`s quality of life
Uro-Neurology