

A SIMPLE AND PRACTICAL METHOD OF CATHETERIZATION.*

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Those who have taught pupil nurses to catheterize, and who have watched their work closely, will, I believe, agree that the points in the procedure most difficult for the average pupil to grasp are, *i.e.*:—(1) How to keep their hands from conveying infectious material into the meatus; (2) to be able to find, easily, the meatus urinarius, especially in puerperal patients, where the labiæ are swollen. To remedy this I have adopted the technique outlined in the succeeding paragraphs.

EQUIPMENT.

One sterile tray containing:—

- (1) One sterile pan, containing two perfect glass catheters, each having five inches of rubber tubing attached to its distal end.
 - (2) One sterile pitcher containing one quart of sterile antiseptic solution of proper strength for flushing.
 - (3) One sterile wide-mouth glass bottle, capacity at least one quart, of special design for this purpose only.
 - (4) One package of three sterile towels.
 - (5) One pair of good sterile gloves.
- Additional supplies:—
 Douche pan.
 Draping sheet.
 Screen for bedside.

PROCEDURE.

- (1) The pupil takes tray and other supplies to bedside, and places screen around bed.
- (2) She washes her hands carefully, and dries them on clean towel.
- (3) Puts patient on douche pan, drapes with clean sheet, folding bed covers to foot of bed.
- (4) Places the tray at patient's feet.
- (5) Opens sterile packages—puts on sterile gloves.
- (6) Places one sterile towel over pubic region and one over thigh next the pupil.
- (7) Picks up handle of pitcher with extra sterile towel with right hand. With thumb and forefinger of left hand separates labiæ at the uppermost point, and holds them well separated.
- (8) The solution is poured from pitcher in right hand with some force, so that the flow strikes against the meatus, thereby opening it, and at the same time washing infectious material downward from it, thus cleansing the orifice.

(9) Still holding the labiæ apart—not letting them fall together for one instant—the pupil sets the pitcher on the tray, picks up the rubber catheter at the rubber end, and kinks the rubber as she inserts the catheter into the meatus.

(10) Then releasing the thumb and forefinger of left hand, with them she holds rubber end of catheter closed until, with right hand, she places the bottle in douche pan, directing rubber end into it, allowing the urine to flow directly into a sterile container, thus providing a sterile specimen if same is wanted for examination.

The rest of the technique is the same as is usually taught: pressure over the supra-pubic region, and reaching recesses of the bladder by gentle turning of the catheter to facilitate the flow of urine.

The catheter must always be inspected before insertion for cracks or imperfections, and for that reason, or in case of accident, I instruct pupils to sterilize two catheters for each catheterization.

After the urine ceases to flow, the pupil flushes the labiæ, removes patient from the douche pan, dries the buttocks, and makes the bed toilet.

The gloves must be in good condition, and in putting them on the nurse must observe a strict rule, as follows: the glove must be put on without the bare hand or fingers coming in contact with the outside of the glove. This method is taught, I believe, in surgical technique in all schools for nurses, therefore I shall not go into detail in discussion of the procedure.

THE TURKISH WOUNDED FROM THE SUEZ CANAL.

Professor F. C. Madden, Kasr-el-Ainy Hospital, Cairo, writing in the *Lancet* concerning the care of the Turkish wounded from the Suez Canal, says:—"The men generally were in good condition, and not by any means starving, as had been anticipated. The food consisted largely of a hard satisfying biscuit, and the men, though very dirty and dusty and travel-stained, showed very few signs of having encountered any real hardships on their trek across the desert. Their equipment was wonderfully complete and practical. Each man carried a book of identification, a 'housewife' (containing needles, thread, buttons, &c.), soap, tooth-brush, and even a small copy of the Koran. They were also provided with first field dressing. The men were all very grateful for the attention they received, and we never had the least trouble with them from a disciplinary point of view."

* In the *Modern Hospital*.

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