

# Introducing intermittent catheterisation to your patients

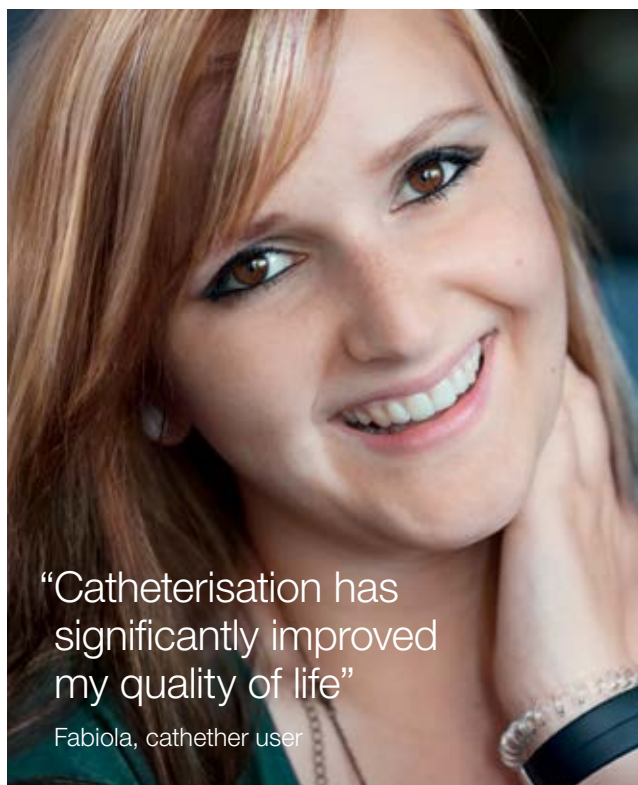


GO FOR GOLD

## Starting intermittent catheterisation (IC)

As a health care provider, you'll play a major role in educating and motivating patients to begin and continue with IC. IC is a safe, effective and convenient treatment that your patients can even self-administer, helping them become more independent and have the best chance to live their lives to the full.

But some patients will have concerns about starting IC. You can help reduce their anxiety by answering their questions clearly and giving them the relevant information about what concerns them. On the reverse you will find examples of patient-related concerns and advice on how to help your patients overcome them.



“Catheterisation has significantly improved my quality of life”

Fabiola, catheter user

## Ensuring a positive start to IC

### Overcoming patient-related concerns

First of all make sure that your patient fully understands the many benefits of IC for their physical well-being, and their overall quality of life.<sup>1</sup>

## IC helps improve quality of life by:<sup>1-22</sup>

### Providing relief from symptoms of a neurogenic bladder

- Urgency, frequency and incontinence
- Urinary retention
- The need to wake up and urinate during the night

### Promoting independence

- Allowing the person to take control of their bladder and their life
- Removing the need to wear external appliances, such as indwelling catheters and drainage bags

### Reducing the risk of complications

- UTIs
- Urethral inflammation, trauma and bleeding
- Bladder and kidney stones
- Damage to their bladder and kidney

### Optimising lifestyle

- Increasing their ability to take part in social or sporting activities
- Increasing their sense of security, freedom and self-esteem
- Enhancing sexuality and fertility

# Overcoming patient-related concerns

## Will it hurt?

Some patients fear pain or discomfort or causing damage during insertion,<sup>23</sup> but evidence shows us that the majority of patients find IC causes them no or minimal pain<sup>12</sup> and discomfort.<sup>24</sup>

## Is it dangerous?

No. If carried out correctly, intermittent catheterisation is the best way to keep your patient's urinary system healthy and protect their internal organs.<sup>1</sup>

## How will my daily life be affected?

Encourage your patients to think ahead and come up with a routine that fits into their daily life. Help them identify what daily activities they need to work around and coach them in ways they can remind themselves to catheterise at the different times of the day. Simple reminder tools such as calendars, clocks and watches are good for this. Once they know the routine they will be able to fit it into their daily life.

## Is it hard to learn?

IC can be a little awkward to begin with, but it shouldn't be too long before your patient is able to do it safely with confidence. How long this takes often depends on their injury, hand dexterity, and, like everything else, how much they practice.

## Will I feel shy or embarrassed?

In many cases, quite the opposite: IC can actually improve your patient's self-esteem compared with other bladder management options.

## Can I have a nurse of my own gender?

If a patient is embarrassed by having a nurse of the opposite sex, reassure them that the highest professional standards will be maintained and, if they prefer, arrange for a same sex nurse to carry out IC or train the patient – you can also promote self-IC.

## What about at work?

Once they know their IC routine, your patients will be able to fit IC into their daily work life, just like thousands of others successfully do. Finding the best times of the day to catheterise is the key.

## What about my sex life?

Restoring urinary continence using IC can have a positive impact on a person's sexuality and can improve semen quality.

## Will I get help?

Some patients worry about having insufficient help and support.<sup>23</sup> Empower and encourage them at every step by giving them the right information when they need it. Let them know they are not alone and that they can always ask you or other medical staff questions. Make them aware of Coloplast® Care and inform them about local and national support groups.

## Help your patient choose the right catheter

Finding the right catheter is a very personal choice and the best one for your patient might not be the first one that they try.

Research shows that being satisfied with their catheter solution is very important for maintaining a good routine and thereby insuring good bladder health.<sup>25</sup>

Therefore it is important to find the catheter solution that best suits your patient and supports their way of living.

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