

# Why not choose intermittent self-catheterisation?

Payne, D (2021) 'Why not choose intermittent self-catheterisation?' British Journal of Nursing. 30 (12) 696-698

This case study highlights the challenges that may be encountered with long term indwelling catheters and explores the process of initiating intermittent self-catheterisation (ISC) as an alternative bladder management method.

The discussion outlines the financial implications of complications associated with indwelling catheters and highlights the fact that ISC is the gold standard for catheterisation. The case study concerns challenging circumstances and shows that ISC teaching can be successful even when considering the pandemic, physical disability, and a care package.

Whilst it is acknowledged that indwelling catheterisation can be easier and quicker to perform than teaching an individual ISC, this article asks is it always the right option for the patient?

## Areas for reflection

- What steps can we take to make other healthcare professionals aware of ISC as the gold standard in bladder management?
- What steps can you take to successfully introduce ISC as a treatment to a patient?
- What are the advantages of ISC over an indwelling catheter?

If you would like further information on the evidence behind intermittent self-catheterisation please click [here](#)

