



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 319

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### **Empowerment of nurses to initiate weaning off indwelling catheter**

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### **Keywords:**

Continance Care Team

Weaning off Indwelling catheter

Nurse empowerment

### **Introduction**

Regarding to patients with prolonged hospital stay, one common problem was that they failed to wean off the indwelling Foley catheter. Consequently, patient would be discharged with the need of indwelling catheter care. This may cause embarrassment of patient and the family members would also feel frustrated about the care of indwelling catheter. Moreover, continue nursing care would be needed for regular catheter change and monitoring of daily care. Besides, we must be aware of the potential complications associated with prolonged catheterization, e.g.

Catheter-associated urinary tract infection (CAUTI) (Scott 2009). Thus, a protocol and a precise checklist for weaning off indwelling catheter were developed to empower ward nurse to initiate weaning off the catheter systematically and promptly.

Furthermore, a Continance Care team was formed to provide education and support to nurse for weaning off indwelling catheter effectively and safely.

### **Objectives**

To empower nurse to initiate weaning off indwelling catheter systematically and promptly in order to improve the quality of life of patient.

### **Methodology**

1. Protocol was introduced to nurses in all wards. 2. A precise checklist would guide nurse to select the suitable case to wean off indwelling catheter. 3. According to the protocol, weaning off catheter will be tried after controlling the reversible causes. 4. Difficult case or case failed to wean off indwelling catheter would be referred to Continance Care team for consultation. 5. The team would assess the referred cases and provide suggestion for further management.

### **Result**

During the study period of 2013 to 2015, total 611 referrals had been received and assessed. After consultation, 282 patients had successfully weaned off the catheter. 166 patients failed to wean off catheter with following outcomes:

Follow-up at Continence Care clinic or Urology clinic;    Retry weaning off catheter after discharge;    Switch to Long-term indwelling catheter; Dying;    Transferred out due to other problem    163 patients hadn't tried to wean off the catheter with following reasons:    Died; Condition not fit;    Plan try to wean off after discharge; Long-term indwelling catheter due to medical problem;    Transferred out  
Conclusion    Nurses could be empowered to initiate weaning off indwelling catheter according to a well-defined protocol with supported by a Continence Care team.