

AHRQ Safety Program for Long-term Care: HAIs/CAUTI

Hydration Practices and Urinary Incontinence Care Planning

National Content Series for Facility Team Leads and Core Team Members

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Objectives

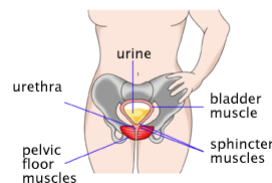
Upon completion of this training, participants will be able to:

- Identify evidence-based practices (EBP) relative to resident hydration and incontinence care planning;
- Review strategies to effectively implement changes in clinical and cultural practices to promote EBP in resident hydration and incontinence care planning;
- Demonstrate how resident hydration and incontinence care planning practices can reduce Indwelling Urinary Catheter use and CAUTI; and
- Explore strategies to engage clinicians, staff, residents and families in the development and implementation of resident hydration and incontinence care planning.

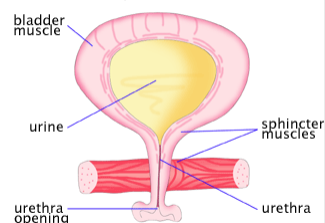
What is Urinary Incontinence (UI)?

- Loss of bladder control due to
 - Bladder muscle contractions
 - Weak pelvic floor and/or sphincter muscles
 - Blockage in the urethral opening
- About twice as common in women
- Both women and men can become incontinent from localized tumor/cancer, diabetes, neurological disorders and physical changes associated with aging
- In 2000, urinary incontinence cost the United States \$19.5 billion

Bladder Control System



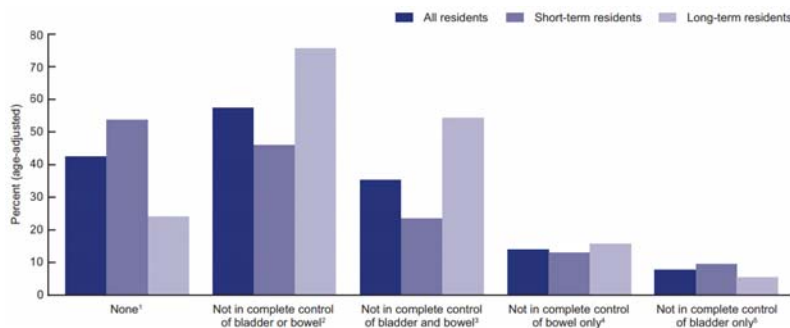
Bladder and Sphincter Muscles



Gornia et al. June 2014. Prevalence of Incontinence Among Older Americans. *Vital and Health Statistics*. CDC. http://www.cdc.gov/nchs/data/series/sr_03/sr03_036.pdf

How Common is UI in LTC?

- General Population: 43.8% of surveyed adults 65 and older reported urinary leakage
- Nursing home facilities
 - Short-term residents: 36.7% report urinary leakage
 - Long-term residents: 79.3% report urinary leakage



Gornia et al. June 2014. Prevalence of Incontinence Among Older Americans. *Vital and Health Statistics*. CDC. http://www.cdc.gov/nchs/data/series/sr_03/sr03_036.pdf

How Does UI Impact Emotional Well-being?

- Reduces social engagement
- Lowers participation in other activities
- Increases risk of reduced sensory stimulation
- Lowers quality of life
- Lowers levels of personal care

5

CMS Cares: F-tag and Urinary Incontinence

F-tag 315:

(Rev. 70, Issued: 01-07-11, Effective: 10-01-10 Implementation: 10-01-10)

§483.25(d) Urinary Incontinence

- Based on the resident's comprehensive assessment, the facility **must** ensure that -
 - §483.25(d) (1) A resident who enters the facility without an indwelling catheter is not catheterized unless the resident's clinical condition demonstrates that catheterization was necessary; and
 - §483.25(d) (2) A resident who is incontinent of bladder receives appropriate treatment and services to prevent urinary tract infections and to restore as much normal bladder function as possible.

6



Incontinence Care Planning Challenges

What are your facility's challenges regarding incontinence care?

Remember the "I" in C.A.U.T.I.

Infections are a leading cause of illness and death in nursing homes. These infections include catheter-associated urinary tract infections (CAUTIs).

REMEMBER C.A.U.T.I. TO PREVENT CAUTI!

C
Catheter Removal

These devices contribute to any of your residents. Are the catheters really necessary?
Remember the catheter if there is an about infection for 1 (one hour).
Urinary tract infections may change in the catheter from red to brown.

A
Aseptic Insertion

Only trained personnel should insert catheters. Use the hand hygiene and insert using aseptic technique.
Use the smallest catheter size that will work for the resident.
Avoid contamination to the catheter.
Use catheter securement devices.

U
Use Regular Assessments

Insert new urinary catheters only when there is a good indication.
Consider alternatives to using a urinary catheter.
Use a bladder ultrasound to guide management.
Implement a process to see whether residents need catheters.

T
Training for Catheter Care

Train staff, residents, and family.
Maintain a closed drainage system, and maintain unobstructed urine flow.
Use routine hygiene. Be sure the perineal area with soap and water.
Replace catheter changes, catheters, and catheters are not repeated.

I
Incontinence Care Planning

Consider alternatives to urinary catheters such as absorbent briefs, pads, or pads.
Catheter should not be stopped unless the use of a urinary diary.
Remember: No catheter means no CAUTI!

Appropriate Indications for a Urinary Catheter

- Wound healing of stage III or stage IV pressure ulcers and other wounds in incontinent residents
- Obvious and acute urinary retention or obstruction
- Wound or palliative care associated with intractable pain

Would you like to know more? Participation in the AHRQ Safety Program for Long-Term Care: CAUTI gives you access to informative resources and events such as educational webinars and state-level training sessions that will help you to provide safer care for your residents. Talk to the project lead in your facility, or visit www.healthys.org (login and password: healthys).

The AHRQ Safety Program for Long-Term Care: CAUTI
Funded by the Agency for Healthcare Research and Quality

Medical Indications for Catheter Insertion

Appropriate Catheter Use

- ✓ Urinary retention, including bladder outlet obstruction
- ✓ To assist in healing perineal /sacral wounds
- ✓ Prolonged immobilization
- ✓ End of life comfort

Inappropriate Catheter Use

- X Urinary incontinence
- X Immobility



For more information about catheter types, catheter care and catheter alternatives please review the [June 2015 LTC Content Webinar](#) *Faikh MG et al. AJIC 2014;5223-5229.*

Clinical indicators for Catheters (2009): <http://www.cdc.gov/hicpac/pdf/CAUTI/CAUTIguideline2009final.pdf>

9

Prompted Voiding *Evidence-based Practice (EBP)*



Target group

- Cognitively and/or physically impaired

Procedure

- Verbal prompt to ask the residents if they are wet or dry and if they need toilet assistance
- Physical assistance to reach the bathroom
- Positive reinforcement

Outcome

- Self-initiated requests
- Number of incontinent episodes

Comments

- Labor intensive, requires staff buy-in and consistent adherence

Prompted Voiding for Management of Urinary Incontinence Among Older Adults. *Annals of Long-Term Care.*

<http://www.annalsoflongtermcare.com/news/prompted-voiding-urinary-incontinence-older-adults>

Ouslander JG, Schnelle JF, Uman G, et al. Predictors of successful prompted voiding among incontinent nursing home residents. *JAMA.* 1995;273:1366-137

10

Habit Training

Evidence-based Practice (EBP)

Target group

- All

Procedure

- Identify resident's natural voiding pattern
- Create an individualized toileting schedule

Outcome

- Number of incontinent episodes
- Pad change due to incontinence in 24 hours

Comments

- Requires early planning, staff buy-in and consistent adherence



CMS Manual System. June 2005. Department of Health and Human Services (DHHS), Centers for Medicare & Medicaid Services (CMS)
<https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/downloads/r8som.pdf>

11

Timed Voiding

Evidence-based Practice (EBP)

Target group

- Residents not capable of independent toileting; usually cognitively impaired

Procedure

- Fixed intervals between toileting assistance

Outcome

- Number of incontinent episodes
- Pad change due to incontinence in 24 hours
- Maintenance of skin integrity

Comments

- Consider passive toileting assistance programs; requires staff adherence



CMS Manual System. June 2005. Department of Health and Human Services (DHHS), Centers for Medicare & Medicaid Services (CMS)
<https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/downloads/r8som.pdf>

12

Other UI Management Strategies

Treatment Medications

- Oxybutynin
- Tolterodine
- Trospium
- Darifenacin
- Solifenacin
- Fesoterodine

Absorbent Pads

- Mainstay for UI containment
- Should be based on resident's needs and preferences
- F-tag 315: Should only occur after an appropriate evaluation and after alternatives are considered

13



Incontinence Care Planning

Which of these solutions have you tried?

- Prompted Voiding
- Habit Training
- Timed Voiding
- UI Medications
- Absorbent Pads
- Other

What other strategies have you used?

14

HYDRATION PRACTICES

15

Dehydration: Definition and Causes

- Abnormal depletion of body fluids
- Causes
 - Increased fluid loss as a result of
 - Acute illness
 - Medications
 - Environment
 - Decreased fluid intake as a result of
 - Decreased thirst perception
 - Inability to obtain fluids, difficulty swallowing
 - Intentional decrease in intake to prevent incontinence



16

Risk Factors for Dehydration

- Diets (restricted, enteral nutrition, thick liquids)
- Communication problems
- Medications
- Functional impairment (e.g., hand dexterity)
- Cognitive impairment/Dementia
- Chronic diseases (kidney, diabetes, cardiovascular)
- Depression
- Fever/Infection
- Vomiting/Diarrhea



17

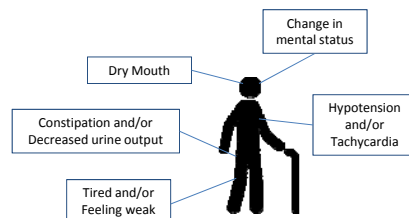
Signs and Symptoms of Dehydration

Signs

- Decreased urine output
- Hypotension
- Constipation
- Change in mental status
- Tachycardia

Symptoms

- Thirsty
- Dry, sticky mouth
- Tired, feeling weak



18



Hydration Challenges

What challenges do you face related to hydration practices?

19

How to Prevent Dehydration

- Involve the dietary and nutrition teams
- Provide foods high in water content
- Provide liquids before and with meals
- Provide liquids between meals and with medication passes
- Encourage each resident to drink fluids and offer fluid preferences
- Develop targeted care plans to prevent dehydration/re-hydrate
- Ensure good mouth care
- Track and review fluid intake

20



Practical Hydration Practices

What are other strategies you can use to make sure residents stay hydrated?

21

KNOWLEDGE & SKILLS TRANSFER

22



Veterans' Healthcare Administration

Beth King

Remember the "I" in C.A.U.T.I.

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REMEMBER C.A.U.T.I. TO PREVENT CAUTI!

- Catheter Removal**: These often catheters in any of your residents. Are the catheters really necessary? Remember the catheter if there is an about infection for 1 (one hour) urinary tract infections. A change in the catheter from red to clear.
- Aseptic Insertion**: Only trained personnel should insert catheters. Use hand hygiene and insert using aseptic technique. Use the smallest catheter size that will work for the resident. Avoid contamination to the catheter. Use catheter securement devices.
- Use Regular Assessments**: Insert new urinary catheters only when there is a good indication. Consider alternatives to using a urinary catheter. Use a bladder ultrasound to guide management. Implement a process to see whether residents need catheters.
- Training for Catheter Care**: Train staff, residents, and family. Maintain a closed drainage system, and maintain unobstructed urine flow. Use routine hygiene. Be clear the perineal area with soap and water. Replace catheter change, analysis, and culture are not required.
- Incontinence Care Planning**: Consider alternatives to using a urinary catheter such as prompted voiding and placement of a urinary diary. Remember: No catheter means no CAUTI!

Appropriate Indications for a Urinary Catheter

- Wound healing of stage III or stage IV perianal and anal wounds in incontinent residents.
- Obvious and acute urinary retention or obstruction.
- Hemiparesis or palliative care associated with incontinence.

Would you like to know more? Participation in the AHRQ Safety Program for Long-Term Care: CAUTI gives you access to informative resources and events such as educational webinars and state-level training sessions that will help you to provide safer care for your residents. Talk to the project lead in your facility, or visit www.healthysite.org (login and password: healthysite).

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Educating Staff on Hydration Practices and Urinary Incontinence

- Provide staff with education
- Assess residents at risk for dehydration and urinary incontinence (UI)
- Integrate UI and hydration assessments in CAUTI assessment
- Include UI and hydration as topics in safety discussions
- Train volunteers and family members to support hydration and incontinence care planning
- Celebrate often and serve refreshments to residents!

25

Stay Updated with Useful Resources

1. [AHRQ Safety Program for Long-term Care: HAIs/CAUTI Project Website](#)
Login information
Username: Itcsafety
Password: Itcsafety
2. [TeamSTEPPS® for Long-term Care](#)
3. [LTC Safety Toolkit](#)
4. [Learn From Defects Tool](#)
5. [National Content Webinar: Training LTC Facility Staff on Catheter Insertion & Maintenance to Prevent CAUTIs](#)
6. [Bowel and Bladder Elimination Toolkit](#) – Mountain-Pacific Quality Health

26

References

Centers for Disease Control and Prevention. Healthcare Infection Control Practices Advisory Committee (HICPAC) approved guidelines for the Prevention of catheter-associated urinary tract infections, 2009. Available at <http://www.cdc.gov/hicpac/pdf/CAUTI/CAUTIguideline2009final.pdf>.

Centers for Disease Control and Prevention. Identifying Healthcare-associated Infections (HAI) for NHSN Surveillance (online). Accessible at: http://www.cdc.gov/nhsn/PDFs/pqcManual/2PSC_IdentifyingHAIs_NHSNcurrent.pdf.

Clinical indicators for Catheters (2009): <http://www.cdc.gov/hicpac/pdf/CAUTI/CAUTIguideline2009final.pdf>

Faikh MG et al. *AJIC* 2014;52:223-229

Gornia et al. June 2014. Prevalence of Incontinence Among Older Americans. *Vital and Health Statistics*. CDC. http://www.cdc.gov/nchs/data/series/sr_03/sr03_036.pdf

National Healthcare Safety Network (NHSN). [Long-term Care Facility \(LTCF\) Component Healthcare Associated Infection Surveillance Module: UTI Event Reporting \[online\]](#).

Prompted Voiding for Management of Urinary Incontinence Among Older Adults. *Annals of Long-Term Care*. <http://www.annalsoflongtermcare.com/news/prompted-voiding-urinary-incontinence-older-adults>

Ouslander JG, Schnelle JF, Uman G, et al. Predictors of successful prompted voiding among incontinent nursing home residents. *JAMA*. 1995;273:1366-137.

Stone ND, Ashraf MS, Calder J. Surveillance Definitions of Infections in Long-Term Care Facilities: Revisiting the McGeer Criteria. *Infect Control Hosp Epidemiol* 2012;33(10):965-977.

27

Event Evaluation

QUESTIONS?

28