Ensure that daily meatal hygiene is performed (ensure individuals are aware of their contribution in preventing urinary tract infections)

What is recommendation based on

An indwelling urinary catheter is an invasive device and consequently placement may enable microorganisms to enter the bladder along the internal or external surface of the catheter.⁴,⁵ Ensuring that good hygiene is maintained around the insertion site is vital. The DH High Impact Intervention includes an ongoing care action of ‘catheter site cleaned regularly as stated in the local policy’ which is based on evidence presented within the EPIC 2 guidelines that ‘routine daily personal hygiene is all that is needed to maintain meatal hygiene’.⁵,¹⁴ There is general consensus that routine hygiene (e.g. cleansing of the meatal surface during daily bathing or showering) is appropriate to minimise contamination occurring via the surface of the catheter.⁴

The NICE guideline includes a recommendation that ‘patients and carers should be educated about and trained in hand decontamination, insertion of intermittent catheters where applicable, and catheter management before discharge from hospital’.²¹ This guideline is aimed at prevention and control of HAI within primary care and community settings and this recommendation is therefore particularly applicable to this recommendation. EPIC2 and HICPAC also include recommendations that patients and relatives should be educated and trained on how they can help avoid urinary tract infection.⁴,⁵

There is therefore a consensus of evidence that this is a key recommendation to reduce the incidence of CAUTI. The recommendation given results from all evidence considerations and after applying the framework described in Appendix 2.
References:


Ensure that daily meatal hygiene is performed (ensure individuals are aware of their contribution in preventing urinary tract infections).

**Grade of recommendation (based on review of evidence)**
Category 1B

**Health impact contribution (based on Healthcare Quality Strategy for NHSScotland)**

- **Safe:** Not implementing this recommendation could put the patient at risk of harm
- **Effective:** This recommendation reduces the risk of complications from this invasive device including CAUTI resulting in releasing time for other care and a reduction in NHS costs
- **Efficient:** This recommendation reduces the risk of introducing infection therefore releasing time for other care and a reduction in the NHS costs associated with complications from infection
- **Equitable:** This recommendation promotes a standard of care for all patients, that may result in a reduction in avoidable personal and NHS costs, which is beneficial for all
- **Timely:** This recommendation, daily hygiene, fits with other aspects of care required on a daily basis, contributing to streamlining of care
- **Person Centred:** This is a person centred action to reduce harm caused by the device; in every patient with a urinary catheter and allows for communication with patients as well as engaging individuals on the importance of meatal hygiene and their role in this

**Expert opinion/consultation and practical considerations**

<table>
<thead>
<tr>
<th>Measurement and feedback (Y/N/?</th>
<th>Feasibility and sustainability (Y/N/?</th>
<th>Applicability and reach (Y/N/?</th>
<th>Training and informing (Y/N/?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potential for measurement through e.g. observation</td>
<td>Easily implemented within current culture and will improve the quality of care now</td>
<td>Potential for consistent delivery</td>
<td>Easily implemented based on reliably available resources/products/prompts</td>
</tr>
<tr>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
</tr>
</tbody>
</table>

**Is this a key recommendation?** Yes