

**Appendix C:**

## Messages for stickers

- Did you know a catheter is a restraint?
- Did you know catheter insertion requires a physician's order?
- Did you know the risk of infection increase 3-7% per day when a catheter has been in place for more than a week?
- Did you know intermittent catheterization several times per day has the same as/or lower risk of infection than an indwelling catheter?
- Did you know a bladder scanner can assist you in determining whether or not an in and out catheter is required? It's also cost effective, and reduces the need for catheterization by 30-50%!
- Did you know foley catheters are not medically necessary in managing incontinence?
- Did you know catheters increase the risk of urethral trauma, bladder stones, blood in the urine, and kidney damage?
- Did you know catheters slow the rehabilitation process and contribute to DVTs and pressure ulcers?
- Best practice suggests maintaining a closed system when using urinary catheters. This means that the regular practice of changing the drainage bag is not advisable.
- Catheter tubing should be safely secured to the patient's leg. This prevents urethral traction and the tubing becoming dislodged from the bladder with the bulb inflated.
- In male patients safely securing the catheter prevents penoscrotal fistulas, meatal erosion, and epididymitis.
- Did you know that the presence of a catheter decreases the Barthel Index by 10 points and indicate only what the patient is doing, not what they *can* do.