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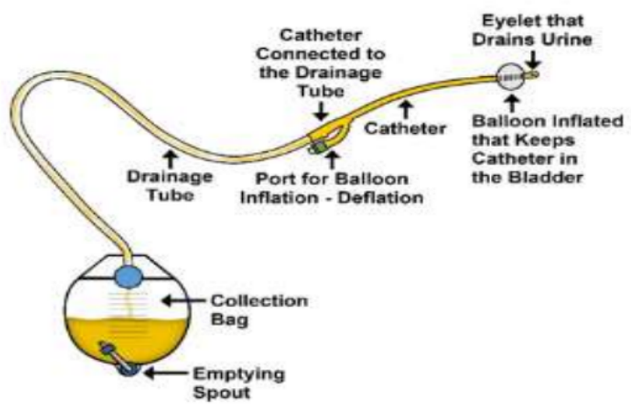
What are the potential complications and risks associated with long-term indwelling catheter use for patients ?

Presented by

Introduction

- Long-term indwelling catheter use for patients refers to the insertion of a flexible tube into the bladder through the urethra and remains in place for an extended period of time, typically longer than 30 days.
- Ash Wilson (pseudonym), a 32-year-old patient, sustained multiple injuries in a fall from a horse.
- This includes fractures to the spine, skull, and leg. In addition to these physical injuries, Ash is pregnant and has been experiencing emotional distress following their diagnosis.
- As part of their treatment plan post-surgery, an indwelling urinary catheter has been inserted for long-term use.
- The hypothesis of this topic is that prolonged indwelling catheter use can increase the risk of urinary tract infection, skin breakdown, and possible development of bladder dysfunction in patients like Ash who are already immobile due to their injuries (Ndomba et al., 2021).



Critical Analysis

- Based on the literature review by Lachance and Grobelna (2019), indwelling catheters are often misused in medical settings, leading to an increased risk of complications such as urinary tract infections.
- The study conducted by Reid et al. (2021) highlights the various complications that can arise from long-term use of indwelling catheters, including CAUTIs, bladder spasms, and urethral erosion.
- Both articles emphasize the importance of following guidelines for appropriate indications and duration of catheter use to minimize these risks.
- The Royal College of Nursing advises that patients should be closely monitored for potential complications and risks associated with long-term indwelling catheter use, including the risk of hypovolemic shock and skin breakdown from inactivity.
- This critical analysis highlights that while long-term indwelling catheterization may be necessary in some cases, it should only be used when other methods are not feasible and under strict adherence to proper protocols to prevent potential complications outlined by both sources cited here (Lachance & Grobelna, 2019).

Statistics

- The study by Joshi et al. (2022) found that 68.89% of participants continued to practice clean intermittent catheterization as part of their long-term management for neurogenic bladder after spinal cord injury.
- Among those who discontinued the method, the median duration of practicing clean intermittent catheterization was 3.5 months.
- The main difficulty reported by compliant patients was carrying out clean intermittent catheterization in outdoor environments due to lack of access to toilet facilities.
- Urinary tract infection (17.78%) and dependence on others (20.00%) were common complications associated with long-term indwelling catheter use among these patients receiving treatment for their spinal cord injuries (Joshi et al., 2022)

Theme: Decision-Making and Clinical Judgement

- Clinical judgement and decision-making are crucial in Ash's care as a patient with multiple injuries, which may impact their long-term mobility and quality of life (Alex et al., 2022).
- The theory of nursing process can be applied to effectively assess, plan, implement and evaluate Ash's care based on their individual needs.
- Communicating with the patient using person-centered language and respecting their preferred pronouns is essential for providing non-discriminatory care.
- The nurse will need to use evidence-based practice to determine the potential complications associated with indwelling catheter use for patients like Ash who have sustained spinal cord injury (SCI) so that appropriate interventions can be implemented promptly.

Conclusion

- Long-term indwelling catheter use for patients can present potential complications and risks, especially in the case of spinal cord injury.
- These include urinary tract infections, skin breakdown around the insertion site, bladder stones, and decreased bladder capacity leading to incomplete emptying.
- As seen in Ash's scenario, lack of bowel function and emotional distress due to pregnancy shock highlight additional challenges faced by individuals with long-term indwelling catheters.
- Thus it is important for healthcare professionals to properly assess their patients' needs and provide individualized care plans to minimize these potential complications while promoting optimal functioning and quality of life.

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