

Turning a Personal Tragedy into an Evidence-Based Practice Victory

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Problem: Following a cardiac catheterization, my dad was admitted to the ICU for diuretic therapy to relieve pulmonary congestion caused by restrictive cardiomyopathy. Tragically, while inserting the urethral catheter, the nurse inflated the balloon in his urethra which ruptured and initiated the sepsis cascade. Dad died 7 weeks later from the initial effects of septic shock. How did the balloon get inflated in the urethra instead of the bladder? What is the standard of practice for inserting male catheters? Is the prevailing standard correct?

Evidence: Society of Urologic Nurses and Associates published a clinical practice guideline for male bladder catheterization. Research published by Daneshgari et al determined the correct anatomic location for placing urethral catheters in male adults. This research produced an evidence based multidisciplinary practice standard.

Strategy: The existing standard for inserting male bladder catheterization was evaluated at our School of Nursing. A thorough literature review on the correct technique for male catheterization was conducted. The medical school's urology department was consulted on the correct approach.

Practice Change: The required clinical nursing skills & techniques book used by the school of nursing was not in compliance with evidence based practice regarding male bladder catheterization. The evidence based practice guidelines for male bladder catheterization was accepted by the nursing school. Educators were informed of change in practice. Students are required to read evidence based article on the standards of male bladder catheterization.

Evaluation: Literature continues to mislead nurses on the correct technique for male bladder catheterization. Textbooks evaluated and articles found that teach the incorrect method will be notified of evidence based practice standards.

Recommendations: Ensure male bladder catheterization is taught correctly in nursing schools. Do not assume nursing skills textbooks teach best practice. Evaluate nursing skills and techniques by conducting an evidence based literature review on each skill.

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