

SBAR: Asepsis in indwelling urinary catheter insertion

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Situation

Aseptic technique and sterile supplies are recommended for indwelling urinary catheter insertion¹

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Background

Indwelling urinary catheters are a common cause of healthcare associated urinary tract infections. Microorganisms can be introduced during catheter insertion due to breaks in aseptic technique. When observing catheter insertion attempts in an emergency room, the CDC research team found that 59 out of 81 insertions had at least one major break in aseptic technique (72.8%).²

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Assessment

Breaks in asepsis can happen when:²

- Supplies are not readily available
- Supplies are not designed to facilitate asepsis
- Work space is not aligned with workflow
 - Inadequate space to set up the sterile field

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Recommendation

Persons inserting indwelling catheters should be trained on proper aseptic technique:

- Hand hygiene immediately before and after catheter insertion³
- Use of closed system catheter kits to reduce disconnection/reconnection to alternative urometers or specialty catheters¹
- Use sterile equipment and follow aseptic technique³
- Consider 2-person insertion practice to help monitor for potential contamination of the sterile field during insertion³
- If the catheter or sterile field is accidentally contaminated, it should be discarded and a new sterile kit should be used.²
- Stock the best type of kit for your patient population and ensure necessary supplies to assist with workflow are readily available²

1. Association for Professionals in Infection Control and Epidemiology. (2025). Guide to preventing catheter-associated urinary tract infections (CAUTI). <https://www.apic.org>

2. Centers for Disease Control and Prevention. (n.d.). CAUTI 104: Indwelling urinary catheter insertion and maintenance (STRIVE training module). U.S. Department of Health and Human Services. <https://www.cdc.gov/infection-control/media/pdfs/Strive-CAUTI104-508.pdf>

3. Patel, P. K., Advani, S. D., Kofman, A. D., Lo, E., Maragakis, L. L., Pegues, D. A., Pettis, A. M., Saint, S., Trautner, B., & Yokoe, D. S. (2023). Strategies to prevent catheter-associated urinary tract infections in acute-care hospitals: 2022 update. *Infection Control & Hospital Epidemiology*, 44(8), 1209–1231. <https://doi.org/10.1017/ice.2023.137>

**Catheter Care
Awareness Week**

Identifying CAUTI risk factors
starts with you.

