

Background

Long-term indwelling catheters are employed by adults living in the community who have complete urinary retention due to a variety of chronic conditions (e.g., progressive neurological disorders).

Day-to-day self-care management of the catheter is the responsibility of the person with support only provided by formal home-care programs for replacement of indwelling catheters.

Indwelling catheters can increase the risk of emergency department use with reasons including urinary tract infections, mechanical complications of the catheter, and urinary retention. (1)

An understanding of how nurses and other health care professionals can effectively provide self-care support and education is needed to prevent complications in community-dwelling adults.

Study Aim

The purpose of this scoping review was to identify the breadth of the literature reporting self-care recommendations on the management of complications related to indwelling catheters in community-dwelling adults.

The study was informed by the middle-range theory of self-care in chronic illness. Self care is a process of maintenance, monitoring, and management. Maintenance involves health promoting behaviors. Monitoring is measuring or looking for changes in symptoms. Management is taking actions based on findings from monitoring to promote health and well-being. (2,3)

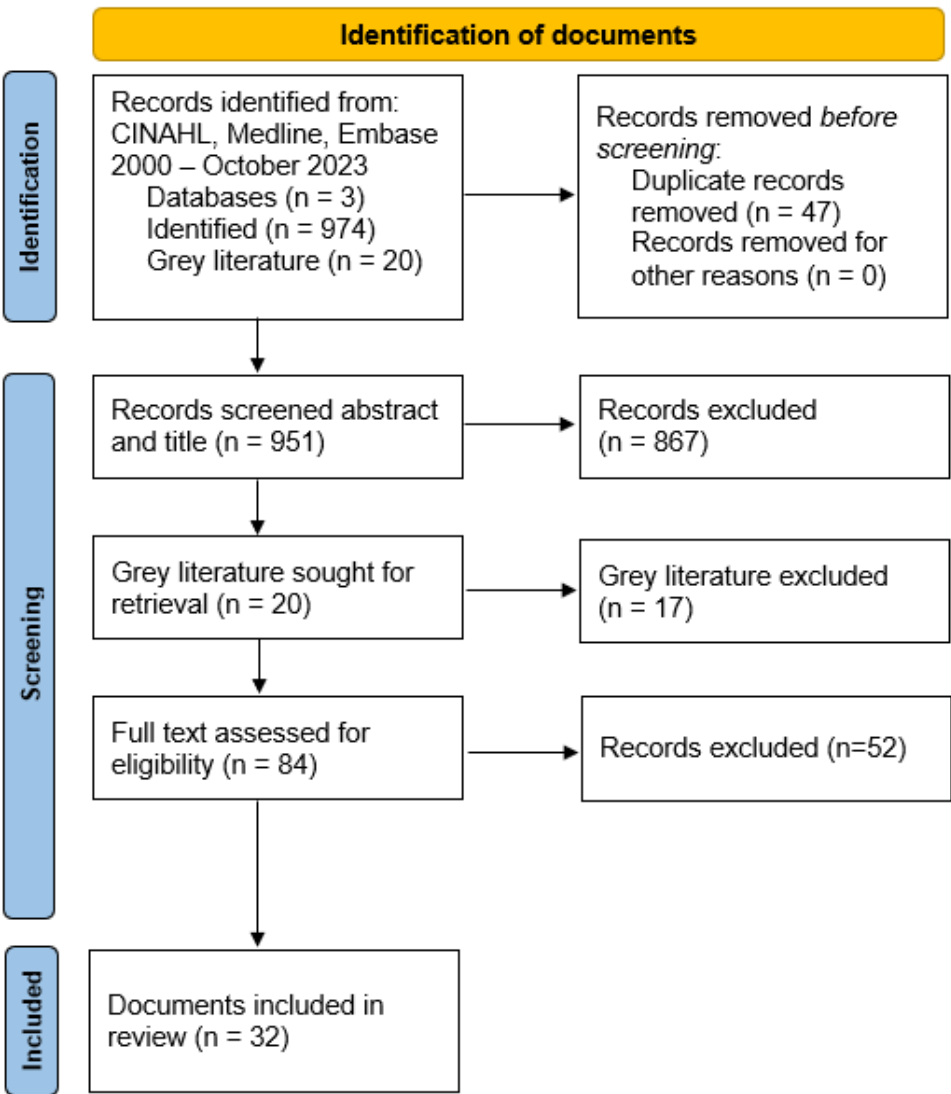
Methods & Search Results

The Joanna Briggs Institute methodology for scoping reviews (4) was employed:

- A systematic search of the literature was conducted in CINAHL, MEDLINE, and Embase from the period of 2000-2023.
- A grey literature search was conducted of professional organizational websites to identify best practice guidelines.
- Data extraction of the included documents was analyzed by content analysis, directed by the theory of self-care in chronic illness.

Included Documents (n=32)

- 9 qualitative studies
- 8 expert opinion pieces
- 6 quantitative studies
- 5 guidelines
- 2 qualitative improvement projects
- 2 literature reviews

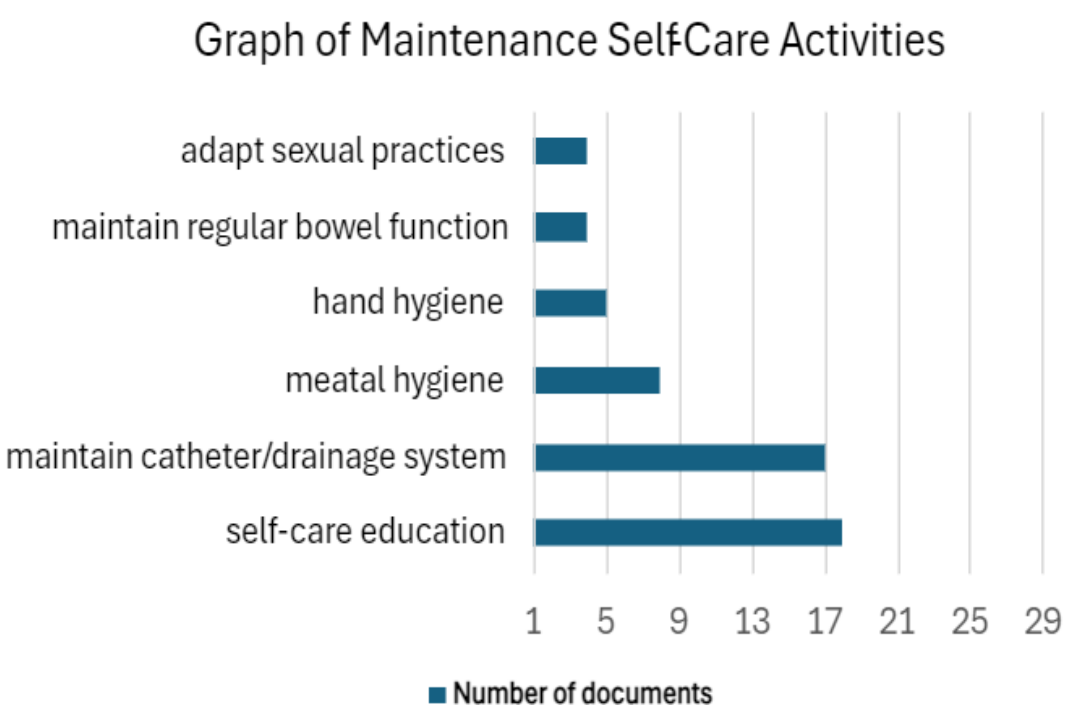


Findings

Self-care activities related to maintenance were most often reported, with a focus on maintaining the catheter and drainage system (see graph).

Monitoring self-care activities were not as often included in the documents with a focus on fluid intake and output (n=12) with less consideration of how to monitor urine characteristics (n=9). Only 8 documents recommended a system for patients to document and track their monitoring.

Seeking support was the most often mentioned management self-care activity (n=13) but specific instructions on when and why to seek support were only detailed in 2 documents.



Conclusions

Very little evidence is available on how to support self-care for patients and practical materials to enact that support (e.g., patient-facing documentation or instructions).

Further, high-quality research is required to inform the development and co-design of guidelines for home health care professionals, in particular nurses, to provide effective self-care management support to persons with long-term indwelling catheters and prevent complications.

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