

INTERMITTENT CATHETERIZATION IN LONG PERIOD OF TIME: PROBLEMS AND BENEFITS

Hypothesis / aims of study

Clean intermittent self catheterization is an alternative to urine drainage in patients for whom normal vesical voiding is impaired . Its efficacy have been studied in several studies ^{1,2} . The aim of this study was to evaluate a group of patients treated with clean intermittent catheterization and identify the adherence to the procedure.

Study design, materials and methods

This descriptive and exploratory study was performed from July 2007 to March 2008. We contacted 21 patients treated with clean intermittent catheterization and they were invited to come back to the outpatient clinic to answer a semi-structured interview with open and closed questions specific to the procedure. Descriptive statistics was used for data analysis.

Results

Eighteen patients had appeared and completed the survey. Among the responders, 10 were male (55,5%) and 8 were female (44,5%). The mean age of the patients was 53,6 years (range 29 to 73). The most common primary diagnosis was spinal cord injury (9 patients). Nine patients were able to walk and nine were wheelchair users. The total of 14 patients (77,8%) performed the CIC and four patients (22,2%) discontinued the treatment. The reasons for discontinuing were: urinary tract infections (1 patient); urethral pain (1 patient); urethral trauma (1 patient) and social problems (1 patient). Between the patients that performed the clean CIC, thirteen (92,9%) catheterized themselves and one (7,1%) was catheterized by a caregiver. Patients performed the procedure by a mean period of 154 months (9 to 300 months). All patients used catheters size 10 to 14, made of polyvinyl chloride (PVC) that was lubricated with 2% lidocaine jelly. The catheters were reused for 11 patients (78,6%). The frequency of catheterization ranged from 2 to 8 with a mean of 4,5 times a day. One female patient reported small urethral trauma at the beginning of the treatment.

Interpretation of results

Clean intermittent catheterization is a treatment well tolerated and associated with few complications in this group. Most of the participants had a favorable adherence to the procedure. These findings are in accordance with other studies which also show the viability of CIC as a long term bladder drainage option.

Concluding message

Clean intermittent catheterization is well documented as an effective method of bladder drainage. However, there is need to explore the patients experiences to discuss adherence, reasons for discontinuing, limiting and favorable factors to the success of the treatment.

References

1. Eur Urol, 20: 117-121, 1991.
2. Journal of Clinical Nursing 17, 394–402, 2007

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| <i>Specify source of funding or grant</i> | NONE |
| <i>Is this a clinical trial?</i> | No |
| <i>What were the subjects in the study?</i> | HUMAN |
| <i>Was this study approved by an ethics committee?</i> | Yes |
| <i>Specify Name of Ethics Committee</i> | Comissão de Ética para Análise de Projetos de Pesquisa do HCFMUSP |
| <i>Was the Declaration of Helsinki followed?</i> | Yes |
| <i>Was informed consent obtained from the patients?</i> | Yes |