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One trust's rationale for choosing a lubrication gel for use in catheterisation

Drew Payne ¹, Peta Kerrigan ²

Affiliations

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Abstract

Current NHS policy is to reduce the number of catheter-associated urinary tract infections (CAUTIs). To achieve this, guidance suggests reducing the use of catheterisation as much as possible. For those patients requiring catheterisation, Norfolk and Norwich University Hospitals NHS Foundation Trust (NNUH) ensured that a medicinal anaesthetic, antiseptic lubricant containing chlorhexidine and lidocaine was used for all catheterisations. Between 2011 and 2018 the Trust reduced CAUTIs by around 50%. This article discusses catheterisation, national policy in reducing CAUTIs, and how NNUH achieved this reduction.

Keywords: CAUTIs; Catheter lubricant gel; Catheter-associated urinary tract infections; Catheterisation; Urology.

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