Catheter-Associated UTI Prevention and the Use of External Catheters

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By

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HONORS CAPSTONE ABSTRACT

The purpose of this review is to determine the best recommended measures for preventing infection due to the placement of indwelling catheters as well as how the institution of the use of external catheters for both females and males can be instrumental in decreasing infection rates, hospitals costs, and increase positive patient experiences. The articles in this literature review offer best-practice recommendations for decreasing the CAUTI incidence by prevention as well as alternative options. The technology of male and female external catheters should be utilized for noncritical patients to treat urinary incontinence or for patients who are immobilized. Proper assessment and evaluation needs to be completed to ensure that the external option is the best for the patient. These devices have evidence of decreased infection, increased patient comfort, decreased hospital costs, and better patient outcomes. Ultimately, further research and education should be performed to establish better protocols surrounding CAUTI prevention as well as further research into external male catheters and external female collection devices as another measure to decrease CAUTI rates.