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| Parent/Guardian:                |   |
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| Healthcare Provider             |   |
| Healthcare Provider             |   |
| Preferred Hospital:             |   |
| Emergency Contact:              |   |
| <b>CURRENT HEALTH ISSUES</b>    | Catheterization is when a catheter is put through the urethra, past the sphincter muscle, and into the bladder. The pee flows freely from the bladder through the tube and out of the body. By routinely emptying the bladder, bacteria is less likely to grow. Catheterization will also help improve or keep up the function of the kidneys.  |
| <b>PERTINENT HEALTH HISTORY</b> |   |
| <b>ALLERGIES:</b>               |   |
| <b>RESTRICTIONS:</b>            |   |
| <b>CURRENT MEDICATIONS:</b>     | <b>AT HOME:</b><br><b>AT SCHOOL:</b>  |
| <b>HEALTH CONCERN(S):</b>       | <b>Concern:</b> Impaired urinary elimination<br><b>Goal:</b> Manually empty bladder through clean intermittent catheterization via urethra<br><b>Action:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Delegated staff will perform clean intermittent catheterization in accordance with orders dated: _____.</li> </ul> <p>Clean intermittent catheterization steps:</p> <ol style="list-style-type: none"> <li>1. Gather all the supplies you need.</li> <li>2. Wash your hands and put on gloves.</li> <li>3. Have your student stand or if student is in a wheelchair they may sit in the chair and empty pee into a plastic bottle/urinal.</li> <li>4. Clean tip of penis with a wipe, wash cloth, gauze, or whatever parent requests or provides.</li> <li>5. Hold the penis upright. If the student is uncircumcised gently retract foreskin just enough to visualize urethra.</li> </ol> |

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|   | <p>6. Hold the catheter about two inches from the tip. Lubricant the end of the catheter one or two inches with lubricant if catheters is not pre-lubricated</p> <p>7. Gently put the catheter into urethra until you get a flow of pee. Once you see pee flow advance catheter <math>\frac{1}{2}</math> inch further.</p> <p>8. Keep catheter in place until pee stops flowing then start pulling catheter out slowly.</p> <p>9. If pee starts to flow again as you are pulling out the catheter, wait until pee stops dripping before pulling catheter out further. Gently replace retracted foreskin.</p> <p>10. Empty the pee into the toilet. If you are not near a toilet, drain the pee into a urinal.</p> <p>12. Wash urinal with soap and water and place upside down to dry.</p> <p>13. If using a reusable catheter, clean with soap and water, letting the water flow through the catheter. Let the catheter air dry until the next use.</p> <p>14. Put clean catheter into a clean container.</p> <p>15. You may reuse catheter for one week. But, don't reuse catheter if it is discolored, stiff or damaged in any way. Self-Lubricated Catheters are single use and should be thrown away after each use.</p> <p>16. Remove gloves and wash hands.</p> <p>17. Document in catheter log.</p> |
| <b>Concern:</b> Complications of clean intermittent catheterization | <b>Goal:</b> Identifications of signs or symptoms<br><b>Action:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch for signs of urinary tract infections:           <ul style="list-style-type: none"> <li>• Blood in the pee               <ul style="list-style-type: none"> <li>• Fever</li> </ul> </li> <li>• Stomach or back pains               <ul style="list-style-type: none"> <li>• General discomfort</li> </ul> </li> </ul> </li> <li><input type="checkbox"/> Signs to report to parent and call provider:           <ul style="list-style-type: none"> <li>• Blood in the pee (streaks or small traces of blood can happen from catheterization)</li> <li>• Fever higher than 101.5 degrees Fahrenheit</li> </ul> </li> </ul>   |

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|   | <ul style="list-style-type: none"> <li>Bad smelling or dark cloudy pee (change from student's baseline).</li> <li>Pain or tenderness across the lower back or tummy</li> </ul>   |
| <b>Concern:</b> Difficulty with catheterization   | <b>Goal:</b> Trouble shoot procedure<br><b>Action:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have different sizes of catheters available in case there is a problem, if possible. When this happens, you should use a size smaller catheter.</li> <li><input type="checkbox"/> If meeting resistance at the sphincter, stop, have child take a few deeps breaths and then try to pass the catheter.</li> <li><input type="checkbox"/> Do not "tap" the sphincter over and over trying to pass the catheter, it will cause the sphincter to spasm and not relax.</li> </ul> |
| <b>EMERGENCY ACTION PLAN</b>  | Shelter in place<br>Evacuation plan  |
| <b>Personal Care Services/ Medically Necessary Services</b> ( <i>repeat segment if more than one service</i> )<br><b>ICD-10 Code:</b>   |  |
| <b>Specific task:</b> <i>example: feeding, cath, diaper change</i><br><b>Scope:</b> <i>What is the related service that is needed for the student?</i><br><b>Duration:</b> <i>How long does the service take? (minutes or hours/per instance)</i><br><b>Frequency:</b> <i>How many times does it need to be done per day? (number times per day or as needed)</i> |  |
| This service is medically necessary through the following dates, not to exceed one year.<br><b>Start Date:</b> _____ <b>End Date:</b> _____   |  |

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child and, if necessary, contact our physician. I assume full responsibility for providing the school with prescribed medication and equipment devices. I approve this Individualized Healthcare Plan for my child.

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| parent/guardian      | date |
| health care provider | date |
| student (optional)   | date |

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|---------------|------|
| school nurse  | date |
| administrator | date |