Advanced Catheterisation Trainer

Part No: 60150

The Limbs & Things Advanced Catheterisation Trainer allows the trainee to learn urethral and supra-pubic catheterisation, as well as how to demonstrate self-catheterisation to patients. It has interchangeable accurate male and female anatomy, and both sets of genitalia are realistically soft and compliant. The feel of the catheter passing along the urethra into the bladder corresponds closely to real life.

Skills
• Correct handling of male and female anatomy
• Aseptic catheterisation technique
• Catheter placement: accepts catheters from 14-16 French (male) and 12-16 French (female)
• Fluid management
• Withdrawal of catheter
• Suprapubic catheter insertion and catheter management
• Intermittent self-catheterisation (ISC)

Features
• Latex free
• Supple urethra and resistant sphincter providing realistic response
• Non drip valve
• Male anatomy: realistic meatus, flaccid penis and replaceable foreskin
• Female anatomy: partable labia with realistic urethral meatus and vaginal opening
• 1 litre fluid bag on stand provides pressurised fluid flow
• Easily interchangeable Male and Female Catheterisation Units
• Can be placed in 2 positions: reclining or upright (for teaching self-catheterisation)
• Syringe supplied with water-based lubricant to simulate proprietary local anaesthetic gel
• Reusable double-sleeve catheter packaging is supplied for teaching aseptic catheter handling

Package supplied
• 1 Female Catheterisation Unit Part No: 60156
• 1 Male Catheterisation Unit Part No: 60152
• 1 Catheterisation Foreskin (Pack of 3) Part No: 60154
• 1 Antifungal Agent (250ml) Part No: 50185
• 2 Aseptic Catheterisation Sleeves Part No: 60160
• 1 Water-based Lubricant Part No: 50183
• 2 Suprapubic Bungs Part No: 60158
• 1 Standard Bung Part No: 60161
• 1 pelvic shell
• 1 drip tray, bag stand, 1 litre fluid bag & plastic kidney dish
• 1 self-catheterisation stand
• 1 14 French foley catheter

Advanced Male Catheterisation Trainer

Part No: 60151

As per the Advanced Catheterisation Trainer, but without the Female Catheterisation Unit and female catheter.

Package supplied
• 1 Male Catheterisation Unit Part No: 60152
• 1 Catheterisation Foreskin (Pack of 3) Part No: 60154
• 1 Water-based Lubricant Part No: 50183
• 1 Antifungal Agent (250ml) Part No: 50185
• 2 Aseptic Catheterisation Sleeves Part No: 60160
• 1 Water-based Lubricant Part No: 50183
• 1 Suprapubic Bung Reorder: 60158
• 1 Standard Bung Part No: 60161
• 1 pelvic shell
• 1 drip tray, bag stand, 1 litre fluid bag & plastic kidney dish
• 1 self-catheterisation stand
• 1 14 French foley catheter

Advanced Female Catheterisation Trainer

Part No: 60155

As per the Advanced Catheterisation Trainer, but without the Male Catheterisation Unit and male catheter.

Package supplied
• 1 Female Catheterisation Unit Part No: 60156
• 1 Water-based Lubricant Part No: 50183
• 1 Antifungal Agent (250ml) Part No: 50185
• 2 Aseptic Catheterisation Sleeves Part No: 60160
• 1 Suprapubic Bung Reorder: 60158
• 1 Standard Bung Part No: 60161
• 1 pelvic shell
• 1 drip tray, bag stand, 1 litre fluid bag & plastic kidney dish
• 1 self-catheterisation stand
• 1 12 French foley catheter

Note
Do not leave catheters inserted in the Trainer or attempt to remove a catheter which has an inflated balloon.

Catheterisation is a wet process. Do not set up the product near electrical appliances or items damaged by water.
Unpacking/packing

1. Remove the top layer of packing foam.
2. Remove the Self Catheterisation stand.
3. Remove the kidney dish, fluid bag and bag stand.
4. Remove the bottom layer of foam.

Remove the catheters, jug containing small items, and additional Catheterisation Unit (dependent upon which version of the Trainer bought).
Setting up the Trainer

1. Place the Drip Tray onto the work surface.

2. Screw the two parts of the metal Fluid Bag Stand together (not shown).
   Insert one end of the Stand into the hole at the back of the Drip Tray. Ensure that the arm at the top of the Stand is facing forwards.

3. Hang the Fluid Bag on the top of Stand.
   Connect the Fluid Bag to the bladder feed tube (with the white connector, at the back of the catheterisation unit).
   Should the connector fail to attach to the Fluid Bag the connector mechanism may need resetting. See ‘Troubleshooting’ on page 15.

4. Open the cap on the top of the Fluid Bag and place the air vent tube (tube without connector, at the back of the Catheterisation Unit) into the Bag ensuring the end is positioned at the very bottom.
   The addition of Antifungal Agent need only be done if the Trainer is going to be left full of water for an extended period of time, or used in higher temperatures which encourage mould growth.
   Charge the syringe with 10 ml of Antifungal Agent.

5. Dispense this into 1 litre of water in the plastic jug.
   Fill the Bag with water. The bladder will start filling.

6. Any air in the bladder will vent out of the tube into the Bag.
   When the air bubbles stop, the bladder is completely full. Top up the Bag to the 1 litre mark to provide realistic fluid pressure.
   The Trainer is ready to use.
Preparing for catheterisation

1. The water-based lubricant is used to simulate sterile anaesthetic gel (Instillagel®) which is used prior to catheterisation.

2. Squeeze some of the lubricant into the syringe.

3. Inject 1-2 ml of lubricant into the urethral orifice.

The Trainer is now ready for catheter insertion.

Flushing lubricant out

1. At the end of each training session the urethra should be flushed through with water, as lubricant can dry inside it and impair the catheterisation process. This procedure can also be applied to a blocked urethra during use.

2. The catheter should be flushed through with water after each training session as the gel can sometimes block the end of the catheter.

Fill the syringe with water.

Insert the syringe into the urethral opening and inject.
Using the Aseptic Catheterisation Sleeves

1. Each Aseptic Catheterisation Sleeve consists of 2 parts: large (representing non-sterile outer packaging) and small (representing sterile inner packaging), as per normal catheter packaging. Open the inner sleeve by pulling apart the Velcro™ tabs.

2. Hold the sleeve at the seams and squeeze it lightly so that it opens fully. Run the other hand down the seams so that the sleeve opens fully all the way down.

3. Hold the sleeve upright in a semi-open fist and feed the catheter down into it. Place the sleeve on the work surface and secure the Velcro™ tabs.

4. With the outer sleeve flat on the work surface, feed the inner sleeve into it. Seal the Velcro™ tabs. The Aseptic Catheterisation Sleeve is ready to use.

The Aseptic Catheterisation Sleeves are intended to simulate the sterile packaging urinary catheters are supplied in. The sleeves are reusable, providing a cost effective solution for repeatedly practising the aseptic technique required for urethral catheterisation.
Bung removal and fitting

1 Lift the tab.
2 Carefully remove the Bung, whilst holding down the surrounding perineal skin, with thumb and index finger.
3 To replace the Bung, carefully position it in the opening, making sure that it is properly engaged all the way round.

Note
If the bung is difficult to fit apply a thin layer of water-based lubricant to the main ‘plug’ before fitting. Wipe off any excess after fitting.

Any kinks on the inside rim of the opening should be straightened out.

Emptying the bladder

1 Disconnect the bladder feed tube.
2 Remove the Suprapubic Bung.

1 Remove the Suprapubic Bung.
2 Using the 60ml syringe provided, remove as much water as possible.

Should the connector fail to attach to the Fluid Bag the connector mechanism may need resetting. See ‘Troubleshooting’ on page 15.

Wipe the inside of the bladder with an absorbent cloth to remove any remaining water. Failure to do so may cause mould to build up, which will impair the life of the product.

If mould builds up use Antifungal Agent in the water every time the Trainer is used.

Disconnect the air vent tube in place in the Fluid Bag.
Using the Self-catheterisation Stand

1. Stand the Plates on their edges (on the work surface) and align the two short panels with the corresponding holes together.

2. Ensure the screw holes line up, and insert the screws.

3. Place the Stand in the upright position.

4. Drop the pelvic base down onto the pins so that it locks into position on the Back Plate.

The Self-catheterisation Stand comprises a Base Plate and a Back Plate (with two white pegs) which are fastened together with two screws.

The head of each screw should be flush with the surface of the Back Plate. Hold each screw in place with a finger and tighten the white wingnut.

Align the keyholes on the bottom of the pelvic base with the two white pins on the Back Plate.

The Catheterisation Trainer is now ready for demonstrating and practising self-catheterisation.
Changing the Catheterisation Units

To insert
Gently push the Catheterisation Unit into the base. The Unit may need to be pushed up slightly to clear the transparent base plate.
Ensure that the Unit fits within the guide lugs on the underside of the pelvic shell.

To remove
Grasp the Catheterisation Unit and gently pull it out from the pelvic base.
The top of the base may need to be lifted slightly to allow for clearance.

Attaching the Foreskin (dependent on version bought)

1
Apply the supplied water-based lubricant to the glans of the penis.
Ensure the entire glans is coated.

2
Ensure the correct orientation of the Foreskin.
Carefully roll back half the proximal end of the Foreskin, and feed it over the glans and onto the shaft of the penis.

3
Push the Foreskin back so that the opening (distal end) is close to the tip of the glans.
Ensure the Foreskin fits smoothly over the penis.
The penis is now ready for catheterisation.
Troubleshooting

1. Connector in the locked position, preventing items from being attached to it.

2. Unlock the connector by depressing the metal clip.

   The connector is reset and ready to use when the pin pops out.

Notes

Should the connector fail to attach to the Fluid Bag, the connector mechanism may need resetting.