

DON'T FORGET TO TWOC! An Audit of Bladder Care Following Caesarean Section

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Background

Prolonged catheterisation following Caesarean sections can have multiple adverse effects including an increased risk of UTIs, delays in early mobilisation and prolonged hospital stays.

Current ERAS guidance advises removal of catheter 6-12 hours following Caesarean section (1) (6 hours being the departmental aim in UHW).

Objective

To assess and improve compliance with ERAS guidance regarding catheter removal 6 hours following Caesarean sections within the obstetrics department at UHW.

Methods

Retrospective data collection from 50 elective and 50 emergency C-sections in UHW. 16 cases were excluded due to surgical or post-operative complications warranting prolonged catheterisation (PPH, HELLP, bladder injury).

Recorded variables; timing of catheter insertion, removal instructions in post-operative note, timing of removal, documentation of reason for delay, and incidence of adverse events (re-catheterisation and microbiologically-confirmed UTIs within 2/52 of procedure).

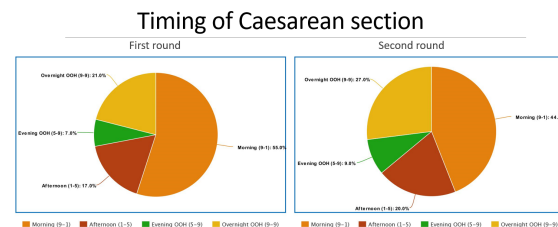
(1) ERAS guideline: Bollag et. al- 'Society for Obstetric Anesthesia and Perinatology: Consensus Statement and Recommendations for Enhanced Recovery After Cesarean', Obstetric Anaesthesiology Journal, Special edition, pages 1-16, 2020)

Intervention

We designed and distributed educational posters throughout the department highlighting the Audit results, current guidance and rationale for early catheter removal. Informal education was Provided to both medical and Midwifery staff with involvement Of midwifery QI team.

We re-audited following 6/52 of Intervention.

Results



Rate of complications:

- No UTIs within 2/52 and 7% rate of re-catheterisation pre-intervention
- 1 UTI within 2/52 and 10% rate of re-catheterisation post-intervention

Don't forget to TWOC

CURRENT ERAS (ENHANCED RECOVERY AFTER SURGERY) GUIDELINES ADVISE:
REMOVAL OF URINARY CATHETER 6 HOURS AFTER C-SECTION

Rationale for early catheter removal:

- T- Reduces recovery Time
- W- Walking and mobilising is easier without a catheter
- P- Patients might mobilise up to 4 hrs earlier
- O- Less delays in getting to the toilet
- C- Discharged on average 1.5 days earlier
- C- Reduced Complications (including UTIs, urinary retention)
- 100% vs 3.7% of patients if catheter removed at 6 hrs vs 13.4% if delayed catheter removal

How are we doing in UHW?

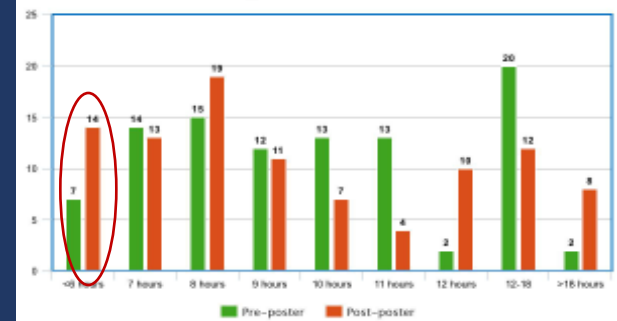
In Nov-Dec 2021:

- 7% of catheters were removed within 6 hours
- 61% of catheters were removed within 10 hours
- 60% of post-op instructions did not include removal of catheter at 6 hours
- 61% of cases with a delayed catheter removal did not have a reason documented on Badger

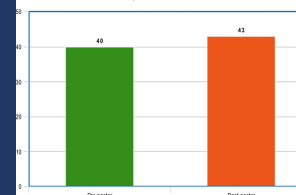
Remember: Urinary catheters should be removed within 6 hours after a C-section

Source: Bollag et al. 'Society for Obstetric Anesthesia and Perinatology: Consensus Statement and Recommendations for Enhanced Recovery After Cesarean', Obstetric Anaesthesiology Journal, Special edition, pages 1-16, 2020

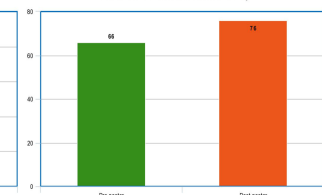
Timing of catheter removal



Post-operative instructions



No documented reason for delay



Conclusions

7% improvement in early catheter removal and 3% improvement in post-op instructions, however 10% increase in the cases with no documented reason for delay.

We hope this will provide a platform for improving practice within our department and facilitating earlier catheter removals and enhanced recovery post-natally.