

Clinical Specialty

Alyssa Kaufer

Post-Secondary, Chapter 50002

Pontotoc Technology Center Ada, Oklahoma

Practical Nursing

Inserting a Female Catheter

Career Summary

Practical nursing was created when a bountiful number of nurses joined military services during World War II. (Williams, pp 7). Programs were developed to train practical nurses to care for those who were mildly ill or those who were recovering from an acute illness, so registered nurses could concentrate on those who were gravely injured or acutely ill. Since then, we have described the licensed practical nurse (LPN) as a person who promotes wellness, prevents illness, facilitates coping, and restores health. (Williams, pp 3-4) All nurses, including LPNs, provide physical and emotional care for a patient. Through performing these dutiful tasks, the nurse and patient establish a therapeutic relationship. An LPN performs these tasks in many different settings like long-term care facilities, hospitals, home health care, or primary care offices. (Writers) In Texas and California, LPNs are called licensed vocational nurses. LPNs and LVNs share the same certifications and scope of practice. LPNs provide care under registered nurses and physicians, but can delegate to certified nursing assistants. The LPN performs a large amount of hands-on, basic care. (Liaison)

The job duties of an LPN vary immensely. They must be able to adapt to each individual patient, their diagnoses, and their needs. An LPN possesses skills that enable them to care for the patient holistically—emotionally and physically. Some emotional skills that an LPN has are proper decision making, therapeutic communication, and understanding diagnostic procedures. The physical skills that an LPN practices relate to the body systems. Examples of these things are inserting a urethral catheter, performing respiratory suctioning, completing wound care, inserting an IV, administering medications, dropping a nasogastric tube, or collecting blood samples. While the

physical tasks of treating an ill patient are important, providing patient education and health counseling is equally important. By supplying patient education, the LPN is promoting wellness and preventing illness. The scope of practice of an LPN never truly changes, but the duties of an LPN fluctuate from patient to patient.

There are so many critical characteristics that make a prudent, exceptional LPN, but I will focus on the three that are most important to me. Communication skills, attention to detail, and empathy are three traits that I believe an LPN should possess. Communication is defined as “a process by which information is exchanged between individuals through a common system of symbols, signs, or behaviors”. (Merriam-Webster) As a nurse, listening to the incoming data and processing and applying it to their patient’s care is paramount. As well as listening actively, a nurse must be able to convey information thoroughly and concisely to patients. Communication is a vital characteristic of any nurse. Secondly, the ability to identify minute details is crucial in nursing. As a nurse, assessing the patient’s data and correlating the information to the patient’s care can prevent worsening illness. Paying attention to the small details is one of the best tools to utilize to advocate for their patients. Lastly, I believe an LPN should possess empathy. A nurse can be a great communicator, pay attention to details, be proficient in skills, but if they cannot treat others with dignity and respect, they will not be the best nurse they could be. I am reminded of a movie quote from *Patch Adams*, “You treat a disease, you win, you lose. You treat a person, I guarantee you, you’ll win, no matter what the outcome.” (Shadyac) I believe this applies to every person in the medical field. Communication, attention to detail, and empathy are essential characteristics in a quality nurse.

Education, Training, etc

To become an LPN/LVN, one must attend a minimal one year state approved practical nursing program. These programs commonly include Anatomy and Physiology, Fundamentals of Nursing, Pharmacology and Intravenous Therapy Skills, Medical Surgical Nursing, Maternal/Newborn Nursing, and Mental Health Nursing. Each program has a set number of hours and must be approved by the Oklahoma Board of Nursing. Once a student has completed their program, he/she must take the National Counsel Licensing Examination (NCLEX) developed by the National Council of State Boards of Nursing (NCSBN) to confirm the student is minimally competent as a graduate nurse. Nursing students must pass the NCLEX exam within two years of graduation.

The National Federation of License Practical Nursing is the primary national association for LPNs and LVNs. (National) There are 15 states that are in conjunction with the National Association of Licensed Practical Nurses. The goal of this association is to offer support and ongoing education to LPNs and LVNs that are members. This association assists with professional development, as well as continuing education courses and education programs. On a national level, if a state is not included within the 15 states or does not have a specific LPN association, nurses have the opportunity to join a sub-section for LPNs of the American Nurses Association.

According to the United Stated Department of Labor, the job outlook is projected for LPNs and LVNs are to rise 9% from 2019- 2029. The average estimated job outlook is an average of 4%; this means the outlook as an LPN is significantly greater. This

growing need for LPNs is most likely due to two reasons: COVID-19 and the aging of baby boomers. (Bureau) COVID-19 has made the need for nurses soar. Not only because of the increase of patients but catering to the responsibility of quarantining and staying home when possibly being exposed. This viral outbreak is being treated diligently, but I feel it will have lingering effects for years. As the mass baby boomer generation ages, the need for healthcare workers should increase not only in hospital facilities but home health and hospice care as well.

In October 2019, there were 920,655 LPNs/LVNs in the United States. The average age of nurses is 47.9, meaning that almost half of nurses are 50 years old or older. (University) Demographically, white, non-Hispanic nurses vastly preside over the nurse field at 73.3%. At 10.2% the Hispanic, Latino, or Spanish nurses are the next highest demographic. Black, non-Hispanic nurses fall at 7.8% and Asian, non-Hispanic nurses following closely at 5.2%. Making up the remaining 3.6% are American Indian or Alaska Natives (0.3%), non-Hispanic; Native Hawaiian or Other Pacific Islander, non-Hispanic (0.6%); Some Other Race, non-Hispanic (0.6%); and Multiple Races, non-Hispanic (1.7%). (University)

In May 2019, the U.S Bureau of Labor Statistics averaged the LPNs and LVNs yearly income at \$47,480 a year. This income may vary with additional certifications the LPN/LVN can acquire. (Bureau)

Interview Summary

To gain insight from a working Practical Nurse, I interview Maleaha Knighten who is employed at Purcell Municipal Hospital. She is a pre- and post- operative surgery nurse for colonoscopies, cataract removal, and esophagogastroduodenoscopies. Her daily patient load is eight scope procedures and fourteen eye procedures. Maleaha has been a Licensed Practical Nurse for seven years and will graduate with her Associate's Degree in Nursing in May. She graduated from Pontotoc Technology Center and has worked at Sulphur Veteran's Center and Pauls Valley Hospital as an LPN prior to Purcell Municipal Hospital. Maleaha's work history has given her abundant experience as an LPN.

To start the interview, I asked Maleaha if she enjoyed her job and why she chose to pursue a career as an LPN. Maleaha responded, "I enjoy working concisely with my co-workers and patient interaction. I started out as a CNA and I really enjoyed helping and taking care of people. This made me want to expand my education in the health care field". After understanding Maleaha's drive to become an LPN, I wanted to know what the hardest part of her job is and an instance where she was assigned a difficult patient and how she cared for them. She responded, "The hardest part of my job is navigating hospital politics and assisting with patient's coping when they learn of a terminal outcome." When asked about a difficult patient, she told a story of a mental health patient who was unable to have their eye procedure due to an ineffective sedative. In response to pain, the patient was irate, cussing, and screaming. Maleaha said she remained calm and used redirection to discontinue his IV and obtain his vital

signs, but it was a jarring experience for her. In response to her previous answer, I asked her if there was ever an emotionally difficult situation with a patient. She recalled a young woman who came into the emergency department with abdominal pain. A CT was ordered. The CT results displayed cancer that had metastasized. Maleaha accompanied the physician to deliver the news. Maleaha had to utilize therapeutic communication to emotionally support the patient.

Lastly, I wanted insight on the type of nurse Maleaha is. I questioned Maleaha on how she would respond to certain situations. My first question was how she deals with pressure and stress in difficult situations. She responded that she reacts to situations rather than stressing about them. I wanted to know if Maleaha had ever made a mistake as an LPN and what she learned from it. Maleaha recalled a medication error she made in her first year as a nurse. She said she gave the wrong dose of Tramadol. The doctor's order was 100mg and she had only given 50mg. She said, she learned to slow down and double check the Medication Administration Record for every medication she gives. To further learn about her integrity as a nurse, I asked what she would do if she witnessed a fellow staff member breaking policy. Maleaha responded, "I would address the issue to the staff member then report to my supervisor and follow up on the action." Upon learning Maleaha's actions concerning another co-worker, I wanted to know what she would do if she received instructions from her registered nurse that she did not agree with. Maleaha said that she would explain to the RN why she is uncomfortable with the delegation and if the situation cannot be resolved, she would go to the next in command. Maleaha's word of advice to anyone pursuing nursing would be, "Keep working hard. The medical field needs you. This will all be worth it."

Skill Checklist

Competitor #: _____

Judge's Signature: _____

Reference: Title DeWit's Fundamental Concepts and Skills for NursingAuthor Patricia A. WilliamsCopyright Elsevier Page numbers 556-559

Skill <u>Inserting a Female Catheter</u>	Judge Use Only Comments
1. Knock upon entry and introduce yourself.	
2. Check the primary care provider's order for type of catheter. Assess patient's knowledge of catheterization, if the woman can assume the dorsal recumbent position (lithotomy), and if she is allergic to iodine or tape.	
3. Gather equipment.	
4. Identify the patient using two identifiers while closing the door and/or privacy curtain.	
5. Raise the bed to proper height and position the bedside table.	
6. Explain the procedure, perform hand hygiene, and don disposable gloves.	
7. Place towel under buttocks. Place patient in lithotomy position. Cover patient with a bath blanket. Inspect the perineum, perform perineum care if needed, and locate the urinary meatus.	
8. Remove gloves, re-cover patient, and perform hand hygiene.	
9. Uncover the patient, open catheter kit, and use plastic bag as a discard bag at the foot of the bed.	
10. Place paper-wrapped tray between the patient's leg near the perineum.	
11. Open the wrapper and use it as a sterile field.	
12. Put on sterile gloves and separate the containers in the kit. Place the tray with the swab sticks in front of the box containing the catheter and drainage bag.	
13. Place the fenestrated drape over the genital area, exposing the labia.	
14. Open the cleaning swab sticks. Remove the stopper from the syringe of lubricating jelly and empty it onto the tray.	

15. Attach the sterile water filled syringe to the catheter port and leave it attached. Do not pretest balloon.	
16. Remove the plastic sleeve on the catheter, then lubricate the catheter.	
17. With the forefinger and thumb of the non-dominant hand, separate the labia minora, exposing the meatus. Leave hand in place until catheter is inserted.	
18. Keeping the labia spread with your non-dominant hand, use the cleansing sticks to cleanse the labia minora. Discard after each use. First, the far side. Then, the side closest to you. Lastly, the meatus in a downward stroke. Do not let the labia close over the meatus after cleansing.	
19. Pick up the catheter about 3 inches from the tip, lubricate it well, and insert it into the meatus. Insert it about 2 to 3 inches or until you see urine flow. After you see urine flow, advance the catheter an additional 1 to 2 inches.	
20. Hold the catheter in place with your dominant hand while instilling the sterile water into the balloon with your non-dominant hand.	
21. Gently pull on the catheter to see if it is anchored securely then remove the sterile water syringe from port and discard.	
22. Attach the drainage bag to a stationary part of the bed close to the middle, then coil the excess tubing so it hangs straight down to the drainage bag.	
23. After disposing the towel, drape, and used supplies, remove gloves, and perform hand hygiene.	
24. Attach the catheter to thigh with a catheter securing device.	
25. Recover with their gown and blankets.	
26. Lower the bed and place call light in reach.	
27. Document the procedure, type of catheter, and how the patient tolerated it.	

Works Cited

- Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook*, Licensed Practical and Licensed Vocational Nurses, Retrieved March 1, 2021, from <https://www.bls.gov/ooh/healthcare/licensed-practical-and-licensed-vocational-nurses.htm>
- Liaison. (2017, July 14). Licensed practical/vocational nurse. Retrieved February 23, 2021, from <https://explorehealthcareers.org/career/nursing/licensed-practical-nurse/>
- Merriam-Webster. (n.d.). Communication. In *Merriam-Webster.com dictionary*. Retrieved February 23, 2021, from <https://www.merriam-webster.com/dictionary/communication>
- National nurse associations for student nurses and Professional nurses. (2020, November 04). Retrieved February 28, 2021, from <https://www.nursinglicensure.org/articles/nurse-associations>
- Shadyac, T. (Director). (2003). *Patch Adams* [Motion picture on DVD]. Roma: Universal pictures.
- University of Pennsylvania. (2021). Nurses by the numbers. Retrieved March 02, 2021, from <https://2020nurseandmidwife.org/nurses-by-the-numbers/>
- Williams, P. A. (2018). DeWit's Fundamental Concepts and Skills for Nursing. In *DeWit's Fundamental Concepts and Skills for Nursing*. St. Louis, MO: Elsevier.
- Writers, P. (2020, October 26). Lpn job description. Retrieved February 23, 2021, from <https://www.practicalnursing.org/lpn-jobs-description>