

Rehabilitation Nursing Foundation Abstract Form

This study examines the CABIC method of teaching clean intermittent catheterization (CIC). Despite a growing need for self-catheterization in an aging population, there is no standardized best practice method for teaching this complex skill. The consequences of poorly performed self CIC are numerous, but primarily relate to increased rates of urinary tract/bladder infections. Because a randomized trial of teaching CIC and observing self-catheterization is potentially physically and emotionally invasive, a novel method using simulation mannequins has been conceived.

The CABIC method will be used to teach first-year nursing students because they have not yet been exposed to sterile technique and while they have some medical knowledge, they are more similar to the general population. Students will then perform a self-catheterization (using mannequin pelvis's) in a simulation laboratory. A video tape of the student's performance will be scored to evaluate the elements of the CABIC method that translate into improved performance by describing measures of central tendency for performance accuracy. In addition to measuring performance, the pre and post-test scores of subjects (before and after CABIC teaching) will be examined with paired t-test.

The results of this study will provide several important contributions to nursing and rehabilitation literature. First and foremost, the results will inform staff regarding optimal teaching technique for CIC. Secondly, the results will provide an effect size estimate that can be used to provide sample size estimates for future research. Importantly, the study uses a unique methodology (simulation) that can be replicated and revised for future research that involves sensitive material such as self-catheterization.