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An evaluation of bladder washouts with Opti flo or saline versus Catheter Changes Alone in Patients with Long-Term Indwelling Catheters

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PURPOSE of this study was to determine whether weekly bladder washouts with SubyG® is a cost effective strategy for maintaining catheter patency in patients with long term indwelling catheters. The target audience includes individuals with long term indwelling catheters and the healthcare professionals who care for them in the community or in long term care.

Recruitment: 110 subjects were screened and 71 randomized to one of three groups evaluating catheter patency (Figure1). A key recruitment challenge was that many of the people with long-term indwelling catheters have cognitive impairment. Such individuals would have been very suitable for enrolment otherwise.

Co-Investigator Dr. Kathryn Getliffe, University of Southampton, visited the University of Alberta June 30-July 11, working with the research coordinator. Plans to conduct the study in the UK have been put on hold, unfortunately, as the contact investigator, Dr. Getliffe plans to retire in February 2008. .

Other Benefits: The study has generated a great deal of interest in evidence based catheter care. One master of Nursing student took a segment of the study to work on as her thesis project: *Challenges and issues associated with clinical trials in long term care* and completed this project to convocate in November 2006. A urology resident, Dr. Chasta Bascu, has undertaken data analysis and draft manuscript preparation as part of her research duties in the Urology Residency Program at the University of Alberta.

Communication of Findings/Conferences/Publications

The study implementation has been welcomed by homecare nurses and physicians alike.

Many issues surrounding best practice management of the catheterized patient have been uncovered and patient care improvements have been a result. Inservices in the region have been invited (both in Calgary and Edmonton) for homecare and for long term care setting. The study results have been presented at the Canadian Urologic Association Annual Meeting 2007 and will be presented at the International Continence Society meeting August 2007, at the University of Alberta Margaret Scott Wright Research Day October 2007, and the Prairie Urologic Meeting February 2008.

Manuscript is published: Moore KN, Hunter KF, McGinnis RH, Bascu CD, Fader M, Gray M, Getliffe K, Chobanuk J, Puttangunta L, Voaklander, D. Do catheter washouts extend patency time in long term indwelling urethral catheters? A randomized controlled trial of acidic washout solution, normal saline washout, or standard care. *Journal of Wound Ostomy & Continence Nursing* 2009; 36 (1); 82-90.