

Help devices

Reproduced from EAUN Catheterisation: Urethral intermittent in adults – 2013 – Appendix H

Male

There are various handling aids to enable male patients to achieve the optimum anatomical position while leaving both hands free for handling the catheter and to manage clothing in a discreet manner (see figs. 26, 27, 28).

Female

Many companies provide mirrors for female patients because catheterisation is often managed by touch alone due to the female anatomy (see leg mirror pictures figs. 29, 30, 31). Some types of mirror are designed to fix to the leg to enable the optimum use and view, while leaving both hands free for catheter insertion. The use of a mirror may also complicate catheterisation (they have to carry them, the view is mirrored, manual dexterity may be limited), therefore, patients are often encouraged to learn to catheterise without them. Labia spreaders are useful in female patients who have difficulties spreading the labia (see fig. 32).

Other

Other aids enable the patient to manage IC while sitting or lying down. Leg spacers with or without mirrors are useful in patients with lower limb restrictions. Some aids hold the catheter thereby facilitating a no-touch technique. In addition to reducing the risk of infection, this also allows a firmer grip for patients with limited or restricted manual dexterity (see figs. 33, 34, 35, 36).



Fig. 26 Penis support (width 2 or 4 cm) p.hold (Courtesy Manfred Sauer GmbH)

A help device to stretch the penis and hold it in position during catheterisation.



Fig. 27a and 27b FreeHand Clothing holder (Courtesy Teleflex Ltd.)

The Freehand Clothing holder and the SpeediHook keep pants and trousers securely out of the way to leave both hands free for catheterisation.



Fig. 28 SpeediHook (Coloplast) (Courtesy J. Eikenboom)

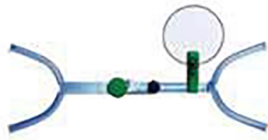
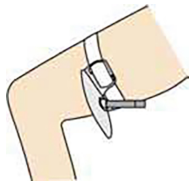


Fig. 29a and 29b OptiLux Leg Mirror with light
(Courtesy Teleflex Ltd.)



Fig. 30 Leg spreader small and large with mirror (Courtesy Manfred Sauer GmbH)



Fig. 31a and 31b Leg spreader inflatable with mirror (front and back view) (Courtesy Manfred Sauer GmbH)



Fig. 32 Labia Spreader
(Courtesy Manfred Sauer GmbH)



Fig. 33 Cath-Hand
(Courtesy Manfred Sauer GmbH)

Aid for people with impaired finger dexterity from e.g. neurological conditions. The opening and closing of the Cath-Hand is operated by a gentle movement of the hand lifting muscle. Available for left and right-hander.



Fig. 34 Handle
(Wellspect HealthCare)
(Courtesy J. Eikenboom)



Fig. 35 ErgoHand Insertion Aid
(Courtesy Teleflex Ltd.)

Especially for quadriplegic women and men. The catheter is threaded through the opening of the insertion aid and can be inserted into the urethra.



Fig. 36a and 36b KIC-System®
(Courtesy Manfred Sauer GmbH)

The KIC-System® has a removable connector instead of a fixed tube to connect the leg bag. This connector can be removed from the urinary condom and, using the special condom expander tool, the condom can then be pulled over the penis shaft so that the penis tip is left free for disinfecting and catheterisation. Afterwards, the urinary condom can be restored to its original position and connected to the existing drainage system. This procedure can be repeated any number of times. With the KIC-System®, only one urinary condom per day is needed – this protects the skin, but it is also more economic.

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