

# Exploring the educational, self-monitoring and self-management needs of community dwelling patients living with indwelling urinary catheters: a mixed methods study

ACTRN12621000683831

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Integrated and Community Health, Western Sydney Local Health District,
<b>Enrollment</b>	260 participants

## Plain Language Summary

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Many people living in the community require an indwelling urinary catheter — a tube inserted into the bladder to drain urine — for long periods of time. Managing a catheter at home can be challenging and anxiety-provoking, and complications like infections or blockages can lead to unnecessary hospital visits. This study explores what patients, carers, and nurses actually need in terms of education and support to manage catheters safely and confidently at home.

Using interviews and surveys, the research aims to understand current knowledge, attitudes, and behaviours around catheter care from all three perspectives. The findings will be used to design a practical educational package that can be delivered to patients to reduce complications and improve confidence in self-management.

You may be eligible if you are an adult (18 or over) living in the community with an indwelling urinary catheter and attending a community health centre in Western Sydney Local Health District, or if you are a nurse working in that district. People using intermittent (self-inserted) catheters or those with documented cognitive impairment are not eligible as patients.

## Key Eligibility Criteria

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### Inclusion (6)

- Patients
  - Adult patients (18 years and over)
  - Patients living in the community with indwelling urinary catheters
  - Patients attending one of the five Community health centres (CHC) in Western Sydney Local Health District (WSLHD) or Hospital in the Home (HITH) within WSLHD
  - Nurses
- ... and 1 more (see full listing online)

### Exclusion (6)

- Patients
  - Patients with cognitive impairment (Identified through documentation, e.g. dementia)
  - Patients using intermittent, self-catheterisation
  - Paediatric patients (Under 18 years)
  - Nurses
- ... and 1 more (see full listing online)

## Locations (6 total)

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— Blacktown Hospital - Blacktown, NSW, Australia

Mt Druitt Community Health Centre - Mount Druitt, NSW, Australia  
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000683831>  
Blacktown Community Health Centre - Blacktown, NSW, Australia

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... and 3 more locations

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