Infections are a leading cause of illness and death in long-term care facilities. These infections include catheter-associated urinary tract infections (CAUTIs).

**REMEMBER C.A.U.T.I. TO PREVENT CAUTI**

**Catheter Removal**
- Think about catheters in any of your residents. Are the catheters really necessary?
- Remove the catheter if there is no good indication for it. (See below.)
- Every resident deserves a chance to be catheter-free and infection-free.

**Aseptic Insertion**
- Only trained personnel should insert catheters.
- Use hand hygiene, and insert using aseptic technique.
- Use the smallest catheter size that will allow good drainage for the resident.
- Avoid contamination of the catheter.
- Use catheter securement devices.

**Use Regular Assessments**
- Insert new urinary catheters only where there is a good indication. Incontinence is NOT an appropriate indication for an indwelling urinary catheter.
- Consider alternatives to using a urinary catheter.
- Use a bladder ultrasound to guide management.
- Implement a process to see whether residents need catheters.

**Training for Catheter Care**
- Train staff, resident, and family.
- Maintain a closed drainage system, and maintain unobstructed urine flow.
- Use routine hygiene. Do not clean the periurethral area with antiseptics.
- Use catheter securement devices.

**Incontinence Care Planning**
- Consider alternatives to using a urinary catheter when developing individual resident care plans and behavioral interventions.
- Consider timed and prompted voiding and use of a voiding diary.

Remember: No catheter means no CAUTI!