

## PRINCIPAL INSTRUCTOR

Jeffrey Despommier, OTR, OMS, CUA, ATP graduated from the Louisiana State University Health Sciences Center - Shreveport in 2008 with a master's degree in occupational therapy. During his career, he has consulted and assisted with bladder programs in the ICU, acute care, LTAC, SNF, inpatient rehab, outpatient and community rehab settings. He serves as a community liaison and volunteer for United Spinal Houston and is a leader in bowel and bladder rehabilitation. Jeffrey is also a certified Ostomy Management Specialist, a Certified Urologic Associate, an Assistive Technology Professional and has been a guest lecturer at spinal tumor conferences, cancer symposiums, universities and hospitals since 2010.



## REGISTER NOW

SINGLE REGISTRANT - \$30.00  
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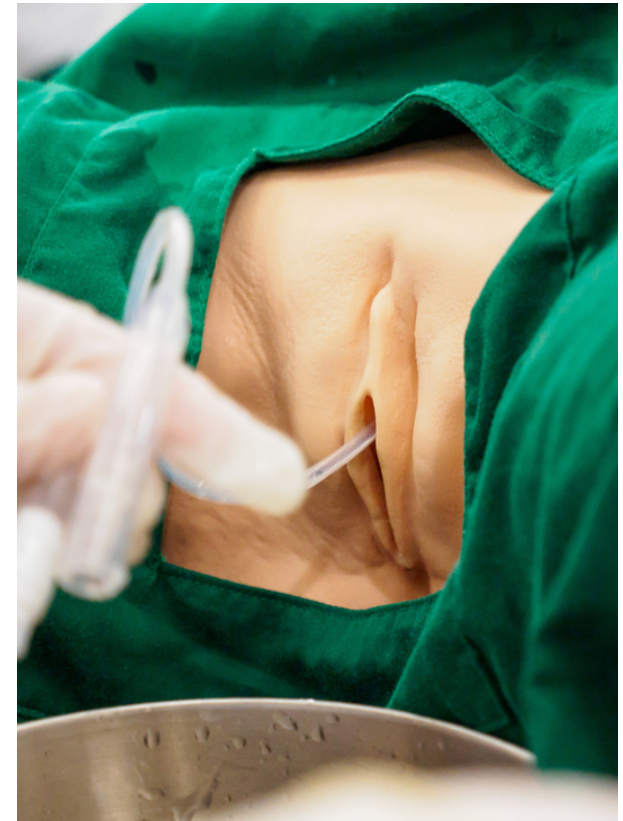
American  
Occupational Therapy  
Association

Approved Provider

If you require ADA accommodations, please contact AppleTreeCEU at least two weeks prior to the course so accommodations can be made.

**Cancellation** – Requests for cancellation must be received in writing by mail ten (10) days prior to the course in order to receive a refund, minus a \$3.00 administrative charge. If the cancellation is made within ten days or less, refunds will not be granted. If you register and do not attend, you are still responsible for payment. In cases of inclement weather where the course is conducted as scheduled but you are unable to attend, you may request a credit to a future course (which expires after one year). AppleTree CEU will not reimburse for incurred expenses related to travel or hotel in the event the course is cancelled by the provider. If for any reason you are not satisfied with the course, please notify the instructor prior to the first morning break and receive a 100% refund.

# INTERMITTENT CATHETERIZATION FOR THE FEMALE PATIENT



OT,OTA, RN, LVN - Continuing Education

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*Upon successful completion of this course, attendees will learn all the techniques for maximizing safety and independence with intermittent catheterization for the female patient. The course will start by providing an overview of the anatomy and physiology as it relates to the urinary system. Attendees will learn about all the catheter types and clinical reasoning for each catheter. The course will cover both sterile and clean intermittent catheterization techniques as well as adaptive tools and strategies to increase their client's independence with bladder management.*

## OBJECTIVES

- Compare and contrast open and closed system catheters for female patients.
- List two strategies to identify the urethra for accurate insertion of a catheter.
- Summarize the steps for both clean and sterile intermittent catheterization for the female patient.
- Identify two modifications or assistive technology to assist female patients with learning to complete self intermittent catheterization.

## CEU / CREDIT INFORMATION

### Occupational Therapists & Occupational Therapy

**Assistants:** AppleTree CEU is an AOTA approved provider - Provider #0000000033. This course is seeking approval for 1.0 contact hour or 0.10 AOTA CEUs - Course ID 04419. This course contains beginner level content and falls under categories of OT Service Delivery and Foundational Knowledge.

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### Registered Nurses & Licensed Vocational Nurses:

AppleTree CEU, LLC is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003249. This activity provides 1.0 contact hour of credit.

Disclosures – Mr. Despommier and the nurse planner responsible for planning and developing the education have no relevant financial relationships to disclose.

## COURSE SCHEDULE

**11:30 am** Registration

**12:00-1:00** Intermittent catheterization

- Causes of urinary retention
- Anatomy and physiology of urinary system
- Interdisciplinary approach
- Therapy role

**Catheter types**

- Straight tip catheters
- Closed system catheters

**Self intermittent catheterization**

- Sterile and clean technique
- Assistive technology/adaptive tools

### Course Completion Requirements –

To receive contact hours, you must attend the entire education, complete a post-test with a score of 80% or higher and completion of evaluation form.