

# URINE TESTING



Action	Rationale
1. The hands should be clean	If your hands are socially clean you do not need to wash them before putting gloves on
2. Gloves should be worn	As there is a risk of contact with urine (a body fluid) gloves should be worn. The risk of splashing is very small, so an apron is not usually necessary.
3. Check expiry date of reagent stick	Out-of-date reagent sticks must not be used as accuracy of the result cannot be guaranteed. At this point also make sure that you are familiar with the manufacturers instructions
4. Remove stick from container without touching the test pads	Touching the reagent pads may contaminate them and give a false result
5. Replace lid on container	The lid must be replaced immediately to prevent moisture getting in
6. Dip the stick into the urine and remove	The reagent pads must be completely immersed in the urine and then the stick removed
7. Tap against urine container to remove excess urine	Remove excess urine as too much may give a false reading. The timing of the test starts now
8. Wait the recommended length of time before reading the result	The length of time that you have to wait before reading the results will vary according to the manufacturer's instructions. It is vital that you do <u>exactly</u> as it says to ensure an accurate result
9. Hold the stick against but not touching the container, to match the results and make mental note of the results	Check the manufacturer's instructions regarding which way to hold the stick. Avoid contamination of the container by not allowing the stick to touch it. When the correct period of time has elapsed read off the results by comparing the colour of each test pad with those displayed on the container. Make a mental note of the results
10. Discard stick into yellow clinical waste bag	The stick has been in contact with a body fluid and so must be discarded into the clinical waste.
11. Remove gloves and wash hands.	
12. Chart results accurately	

With thanks to M Nicol, City University, St Bartholomew School of Nursing and Midwifery.

## Formative Assessment

Activity	Performance expected
Communication	<ul style="list-style-type: none"> <li><input type="checkbox"/> introduction to patient giving name</li> <li><input type="checkbox"/> good eye contact, appropriate use of touch</li> <li><input type="checkbox"/> using open-ended questions</li> <li><input type="checkbox"/> check patient understanding of procedures</li> <li><input type="checkbox"/> clear explanations given, no jargon used</li> </ul>
Urine testing	<ul style="list-style-type: none"> <li><input type="checkbox"/> hands should be clean but do not necessarily need washing</li> <li><input type="checkbox"/> gloves should be worn - apron optional</li> <li><input type="checkbox"/> check expiry date of reagent sticks</li> <li><input type="checkbox"/> remove stick from container without touching the test pads</li> <li><input type="checkbox"/> replace lid on container</li> <li><input type="checkbox"/> dip the stick into the urine ensuring complete immersion and remove</li> <li><input type="checkbox"/> tap against urine container to remove excess urine</li> <li><input type="checkbox"/> wait the recommended length of time before reading (this will depend on the type used)</li> <li><input type="checkbox"/> if reagent stick is put down while waiting it should rest on the urine container or a paper towel, not the work surface</li> <li><input type="checkbox"/> hold the stick correctly against but not touching the container to match results</li> <li><input type="checkbox"/> make mental or written note of results</li> <li><input type="checkbox"/> discard stick in yellow waste bin</li> <li><input type="checkbox"/> remove gloves and wash hands</li> <li><input type="checkbox"/> chart results accurately (write 'neg' or '-ve' or NAD if all tests are negative)</li> </ul>
Comments:	