Catheter-Acquired Urinary Tract Infections: Quality Improvement

Benjamin Ruettiger

Lakeview College of Nursing

N434: Evidence-Based Practice

Travis Whisman

June 28, 2025

Catheter-Acquired Urinary Tract Infections: Quality Improvement

Catheter-associated urinary tract infections (CAUTIs) are among the most prevalent hospital-acquired infections and pose a significant threat to patient safety and clinical outcomes (Gupta et al., 2023). These infections are associated with increased morbidity, prolonged hospital stays, and in severe cases, mortality. Furthermore, the occurrence of CAUTIs can have financial implications, as reimbursement from Medicare and Medicaid may be reduced for hospitals when these infections are acquired during inpatient stays (*Find Article*). Given the clinical and financial impact of CAUTIs, there is a critical need for evidence-based quality improvement initiatives within healthcare systems.

In this context, the Quality and Safety Education for Nurses (QSEN) competency of Quality Improvement is particularly relevant. This competency emphasizes the nurse's ability to utilize data and monitor care processes to enhance the quality and safety of patient care (AlRatrout et al., 2025). Applying this competency to CAUTI prevention efforts enables nurses to develop and implement targeted strategies that improve knowledge, skills, and attitudes related to infection control and patient safety. By aligning nursing practices with QSEN principles, healthcare teams can promote safer, more effective care and reduce the incidence of preventable hospital-acquired infections such as CAUTIs.

Article Summary

The study conducted by Gupta et al. (2023) employed a comprehensive, multidisciplinary approach to reduce catheter-associated urinary tract infection (CAUTI) rates within a cardiac intensive care unit (CICU). This quality improvement initiative serves as a valuable model for

enhancing the safe use of indwelling urinary catheters and highlights the critical role of nursing staff empowerment in eliminating CAUTI occurrences.

The primary objective of the project was to achieve a minimum of 100 consecutive CAUTI-free days in the adult CICU by June 2022. To accomplish this goal, the researchers implemented the Institute for Healthcare Improvement's Model for Improvement, incorporating evidence-based insertion and maintenance bundles, alongside daily nurse-led catheter audits. As a result of these interventions, the CAUTI rate decreased significantly from 7.6 to 0 per 1,000 catheter days, culminating in a sustained 280-day CAUTI-free period.

Introduction

Paragraph goes here discussing the introduction points. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com.

Overview

Paragraph goes here discussing the overview of the article summary. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com.

Quality Improvement

Paragraph goes here discussing the Quality Improvement of the article summary. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com. → ***THIS IS WHERE PART 1 ENDS! THE NEXT SECTION (APPLICATION TO NURSING) IS WHERE PART 2 BEGINS!***

Application to Nursing

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Practice

Paragraph goes here discussing the application to practice. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Education

Paragraph goes here discussing the application to education. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Research

Paragraph goes here discussing the application of research. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Conclusion

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

References

AlRatrout, S., Abu Khader, I., AlBashtawy, M., Asia, M., Alkhawaldeh, A., & Bani Hani, S. (2025). The impact of the Quality and Safety Education (QSEN) program on the knowledge, skills, and attitudes of junior nurses. PLOS ONE, 20(1), e0317448. https://doi.org/10.1371/journal.pone.0317448

Gupta, P., Thomas, M., Mathews, L., Zacharia, N., Fayiz Ibrahim, A., Garcia, M. L., Simbulan, C., Attia Mohamed, F., & El Hassan, M. (2023). Reducing catheter-associated urinary tract infections in the cardiac intensive care unit with a coordinated strategy and nursing staff empowerment. BMJ Open Quality, 12(2), e002214. https://doi.org/10.1136/bmjoq-2022-002214

*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.