Types of Intermittent Catheters and Access to Urological Supplies

Anna Markiewicz; Sr Reimbursement Specialist Hollister Incorporated
Lydia Cannady; Sr Product Manager Hollister Incorporated
Why Catheterize?

Physiology of voiding

- Involves coordinated sequence of events
- Requires a functioning urinary system and an intact spinal column

Neurogenic bladder

- The communication between the brain and bladder is altered resulting in problems with bladder storage and bladder emptying
- Bladder may empty too frequently, not frequently enough, or in an uncoordinated way
Types of Catheters

■ **Indwelling catheters**
  - Catheter that is inserted into the bladder and stays in place for a continual period of time
  - Continually drains urine from the bladder

■ **External catheter**
  - Stays external to the body
  - Generally only available for males
  - Not suitable to manage urinary retention

■ **Intermittent catheters**
  - Inserted into the bladder each time the bladder is emptied
  - Straight catheters – either non-lubricated or hydrophilic
  - No touch catheters – either gel lubricated or hydrophilic
Types of Intermittent Catheters: Straight Catheters

- Clean technique – user touches the catheter with clean hands
- Can be non-lubricated or hydrophilic lubricated
- Can have a straight tip or Coudé (bent) tip
- Single use
Types of Intermittent Catheters: No Touch Catheters

- Also called “sterile catheter kits” or “closed catheter systems”
- Sterile or aseptic technique – catheter is protected by a collection bag or sleeve
- Can be gel lubricated or hydrophilic lubricated
- May or may not include insertion supplies
- Can have a straight tip or Coudé (bent) tip
- Single use
Straight Catheters: Non-Lubricated

- Smooth eyelets are important
- User applies an external gel to lubricate the catheter
- Single use
- Clean technique
Straight Catheters: Hydrophilic

- Lubricated with water

- A coating is applied to the catheter surface during the manufacturing process that becomes slippery and smooth when wet

- Many users find the smooth hydrophilic coating more comfortable to insert and withdraw

- Can be difficult to hold onto and can make a mess on the floor or clothing

- Single use

- Clean technique
Multiple types of straight hydrophilic catheters are available, however not all are created equal….

- Some require the addition of water from an external source
- Some require the user to break a water packet in the packaging
- Some are ready to go when the package is opened – no need to add water

Some hydrophilic catheters have partial sleeves or packaging that can be manipulated into a partial sleeve to help protect the catheter from contamination and make it easier to hold
No Touch Catheters: Gel or Hydrophilic

- Also called “sterile catheters” or “closed system catheters”

- May or may not include insertion supplies

- If no supplies are included, to be considered “no touch,” the catheter system must be a self-contained system where the user can perform sterile intermittent catheterization without the use of additional supplies
Benefits of No Touch Catheters

- **Designed to help reduce getting germs** onto the catheter
  - “No Touch” bag or sleeve designed to help reduce touch contamination risk
  - Protective tip has been shown at insertion to allow the catheter to bypass the first 15 mm of the distal urethra where harmful bacteria reside\(^1\)

- **Ease of Use**
  - Catheter can be touched anywhere on the bag or sleeve
  - Ready to use right out of the package

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- Do you use a no touch or closed system catheter as your primary catheter?
  - Yes
  - No
Intermittent Catheter Access

- Types of insurance providers
  - Private payors
  - Medicaid
  - VA/Military
  - Medicare

- Medicare is a federal program that provides health insurance for people who are 65 or older, disabled or people who have end stage renal disease

- People are Medicare-eligible after being on Social Security disability for two years

- Medicare Urological Policy
  - Outlines coverage and guidelines for catheters
  - Sets a standard that other insurance providers follow
Medicare Reimbursement Categories: A4351

- **A4351** - Intermittent urinary catheter; straight tip, with or without coating (Teflon, silicone, silicone elastomer, or hydrophilic)
  - Maximum limit up to 200/month
Medicare Reimbursement Categories: A4352

- **A4352** - Intermittent urinary catheter; coudé (curved) tip, with or without coating (Teflon, silicone, silicone elastomer, or hydrophilic)
  - Maximum limit up to 200/month
  - A coudé tip catheter for females is rarely needed and justified
  - When a coudé tip catheter is prescribed, medical necessity must be documented in the medical record
Medicare Reimbursement Categories: A4353

- **A4353** - Intermittent urinary catheter, with insertion supplies or a “no touch” type of self-contained catheter system
  - □ Maximum limit up to 200/month
  - □ When a no touch system is prescribed, medical necessity must be documented in the medical record
Medicare A4353

- Intermittent catheterization using a sterile intermittent catheter kit is covered when the beneficiary meets one of the following criteria:

1. Resides in a nursing facility
2. Is immunosuppressed
   - on cancer chemotherapy,
   - has AIDS,
   - has a drug-induced state such as chronic oral corticosteroid use
3. Has documented vesico-ureteral reflux
4. Is a pregnant spinal cord injured female with neurogenic bladder
5. Has had two **urinary tract infections (UTI)** while using A4351/A4352 and sterile lubricant A4332 within 12 months
Documentation Requirements

- In order to prove two recurrent UTIs, certain documentation must be included in the medical record
  - The bacterial count must be more than 10,000 colony forming units – a urinalysis must be performed and documented
  - At least one symptom must be recorded
    - Fever (oral temperature greater than 38° C [100.4° F])
    - Systemic leukocytosis
    - Change in urinary urgency, frequency, or incontinence
    - Appearance of new or increase in autonomic dysreflexia (sweating, bradycardia, blood pressure elevation)
    - Physical signs of prostatitis, epididymitis, orchitis
    - Increased muscle spasms
    - Pyuria (greater than 5 white blood cells [WBCs] per high-powered field)

- Sometimes these tests are not performed or documented
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- Have you been told by your supplier or physician that you do not qualify for a certain type of catheter?
  - Yes
  - No
Other Insurance Carriers

- Medicare is not the only insurer whose policy creates access issues
  - Some state Medicaid programs are more restrictive
  - Some private insurance carriers don’t offer coverage for urological supplies

- Intermittent catheters are like prosthetic devices – they replace a malfunctioning body part, yet they are disposable
Available Support

- United Spinal: spinalcord.org

- Spina Bifida Association: spinabifidaassociation.org

- Secure Start™ services: hollisterpeoplefirst.com/securestart
  - Secure Start services can help determine if any urological product is covered by government insurance, as well as allowable quantities

- Your product supplier