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SPECIMEN COLLECTION

A Study Guide

Expectations

- At the UAP Marathon the UAP will be expected to verbalize the process of performing a peripheral blood draw and demonstrating the correct collection of a blood culture specimen.
- At the UAP Marathon the UAP will be expected to demonstrate the correct procedure of collecting a urine specimen from a Foley catheter
- At the UAP Marathon the UAP will be expected to demonstrate providing the correct instructions to a patient of how to collect a clean catch urine specimen. The UAP will be expected to verbalize the procedure of collecting a clean catch urine specimen.

How do you know who needs a specimen collected and what kind of specimen?

- In your Epic worklist an order will generate a label for a lab collection
- The lab label provides the following information
 - *The patients name and date of birth*
 - *Medical record number*
 - *The specimen to be collected*
 - *The lab tests order*
 - *What kind, color, and size tube or container is needed*
 - *Any special instructions such as Ice, Protection from light, or STAT*

Equipment for Blood Specimen

- For Blood Cultures need a Blood Culture Collection Kit (If 2 sets are ordered need 2 kits, different sites, 15 minutes apart)
- For all other blood specimens need Vacutainer tubes specified on lab label
- Vacutainer tube holder (Unless getting Blood Cultures, its in the kit)
- Alcohol prep pads
- 2X2 gauze pads
- Tourniquet
- Tape or Band-Aid
- Butterfly needle
- Lab labels
- Gloves

When you enter patient room

- Perform hand hygiene
- Introduce your self with name and title
- Tell patient why you are here
- Verify correct patient by asking patient to state their **name and date of birth** while you check it against the patient arm band and labels
- **Ask the patient** if they have ever had the procedure performed before. If not Instruct patient on what procedures will be performed, reason for test, and when results can be expected
- Ask patient about allergies

Set Up

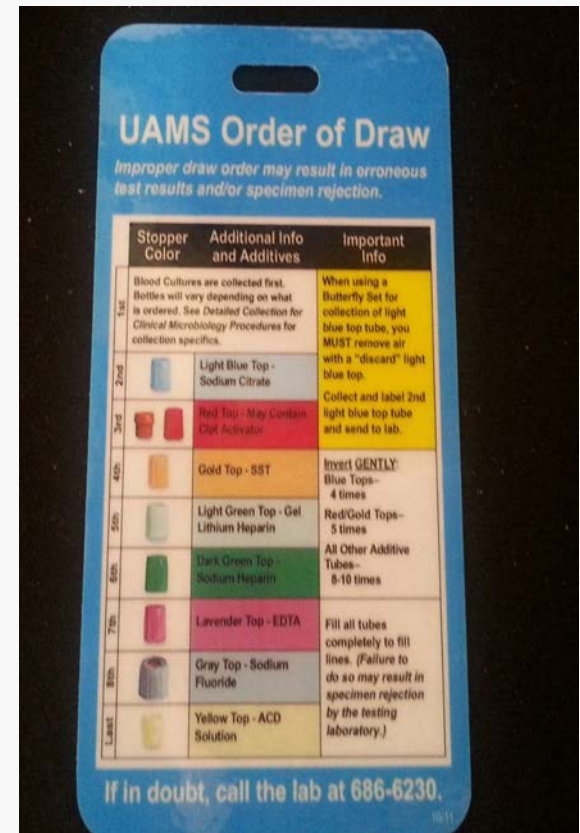
- Prior to setting down equipment verify the area (bedside table) is clean if not you must clean it prior to laying down supplies
- WASH YOUR HANDS prior to procedure and set up
- Set up supplies:
- For Blood Cultures:
 - *Open Blood culture kit*
 - *Apply Blue Vacutainer holder to butterfly needle*
 - *Remove Vacutainer insert and set to the side*
 - *For Blood culture bottle preparation:*
 - Remove top caps of bottle
 - Cleanse bottle top for 30 seconds with alcohol pads provided in kit
 - Leave alcohol pad on top of bottle to prevent bottle contamination

Set Up

- For all other peripheral labs:
 - *Apply Vacutainer holder to butterfly needle*
 - *If getting peripheral labs after blood cultures reinsert the insert to the blue vacutainer holder*
- Do NOT stick tape or Ban-Aide on bedside table or any other surface
- Position patient, raise bed to working height

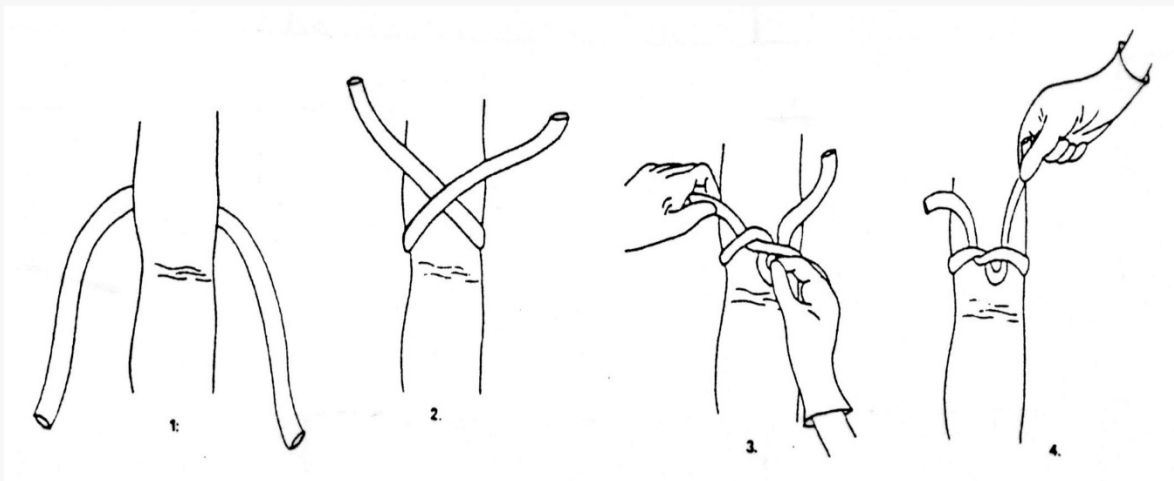
Set Up

- Arrange Blood Culture Bottles and if other labs ordered tubes in prescribed order of draw:
 - *Aerobic (Blue Top) Blood Culture Bottle drawn first*
 - *Anaerobic (Red Top) Blood Culture Bottle drawn second*
- Follow order of draw for remaining tubes



Select the Site

- **YOU MUST ASK** “Do you have any medical conditions or have you had any procedures that would not allow you to draw blood from either arm?” Reasons to not use an arm:
 - *Extensive scarring, Wound, Hematomas, Side of mastectomy, Arm with decreased sensation, Running I.V. fluids, PICC or CVL, Lymph node removal*
- Apply Tourniquet 2 inches above site with quick release tie



Select the site:

- Use tip of index finger on non-dominant hand to palpate area to feel for the vein. Should feel round and elastic.
- After site is selected **APPLY GLOVES**

Cleanse the Site

- For Blood Cultures:
 - *Cleanse skin using chlorohexidine swab stick from kit*
 - *Cleanse skin wiping up and down, back and forth*
 - *Cleanse skin for 30 seconds*
 - *Let dry for 30 seconds*
- For all other peripheral labs
 - *Cleanse skin using alcohol pads*
 - *Cleanse skin for 30 seconds*
 - *Let dry for 30 seconds*
- Do not palpate site once it has been cleansed or clean again
- Do not blow on or fan skin while drying after cleaning

Performing Venipuncture

- Use thumb to pull skin taut or anchor from under the arm.
- The vein is anchored and the needle is inserted.
- Insert needle bevel up at a 15-30 degree angle smoothly and confidently.
- You can never take your hand off blood-drawing equipment while in the patient's arm to minimize chance of injury.
- The vacutainer tube is depressed into the needle to begin drawing blood.



Performing Venipuncture

- When blood begins to flow, release the tourniquet.
- Tubes/Bottles will automatically stop filling when full
- For Blood Cultures:
 - Collect minimum 5mls of blood 8-10mls preferred
 - If only able to obtain 1 bottle for blood cultures still send but notify R.N.
 - Invert bottles 4-5 immediately after filled and prior to applying next bottle or tube
 - If collecting additional labs with blood cultures reapply blue insert to collect additional labs

Performing Venipuncture

- For all other Peripheral lab specimens:
 - Allow to fill until blood stopes entering tube
 - Invert tubes 5-6 times after each tube is filled and prior to applying next tube.
- Then apply gauze to site and hold.
- Activate safety device while still in skin
- After the needle is removed from the vein, apply firm pressure over the site to stop bleeding.

Performing Venipuncture

- Apply a bandage to the area (Band-Aid or appropriate tape). Monitor site for additional bleeding.
- Dispose of the needle into a sharps container that is close by.
- Prior to labeling bottles and tubes perform another checking matching labs to patients arm band.
- Label bottles and tubes per policy. For Blood Cultures see slide titled Labeling Blood Culture Bottles.

Labeling Labs

- Identify the patient using the two patient identifiers: Patient name and date of birth.
- Log into Epic
- Scan the patient's arm band (this opens the patient's chart).
- Select the patient's Work List activity.
- Click **Collect** next to the lab(s) you are collecting.
- Label the tubes with the appropriate label at the patient's bedside/chair. There should be one label for each tube. The label must be placed in a horizontal fashion with the number just below the bottom of the cap.

Labeling Labs

- *Scan the specimen label of each of the labs. As you scan each label a check mark appears next to each test.*
- Click **Accept** once all of the lab specimens have been scanned.
- Tube labeled specimens to the ab in Biohazard bag.
- For Blood Cultures:
 - *Must use Biohazard Bag from kit*
 - *Both blood culture bottles go in one bag*
 - *Cannot be in bag with other labs*

Labeling Blood Culture Bottles:

- Required information to be written on Blood Cultures:
 - *Order of Draw (1/1=first bottle/first kit)*
 - *Date of draw (mm,dd,yyyy)*
 - *Time of draw (military time)*
 - *Phlebotomist signature: first initial, last name*
 - *Site (R arm, L arm)*

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URINE SPECIMEN COLLECTION

Foley Catheter Specimen

- Equipment

- *Lab labels*
- *Gloves*
- *Tube as specified on lab label*
- *Catheter vacutainer holder*

Foley Catheter Specimen Procedure

- Perform hand hygiene
- Introduce your self with name and title
- Tell patient why you are here
- Verify correct patient by asking patient to state their name and date of birth while you check it against the patient arm band and labels
- Ask the patient if they have ever had the procedure performed before. If not Instruct patient on what procedures will be performed, reason for test, and when results can be expected

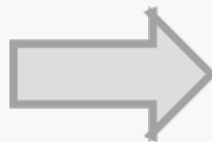
Foley Catheter Specimen Procedure

- Prior to setting down equipment verify the area (bedside table) is clean if not you must clean it prior to laying down supplies
- WASH YOUR HANDS prior to procedure and set up
- Apply Gloves
- Position the patient so the specimen sampling port is easily accessible and the collection bag remains below the level of the bladder

Foley Catheter Specimen Procedure

- clamp the drainage tubing below the specimen sampling port until urine is visible below the access site. Clamp the drainage tubing for the minimal amount of time required to obtain urine for sampling. Do not clamp the drainage tubing for an excessive period of time because doing so increases the risk of catheter-associated UTI and may lead to urine flow obstruction.
- Cleanse the needleless specimen sampling port with an antiseptic solution per the organization's practice. Allow the antiseptic to dry.

Specimen Sampling
Port



Foley Catheter Specimen Procedure

- Attach Vacutainer Holder Device to port
- Obtain the urine specimen from the specimen sampling port by depressing tube onto needle.
- Tube will stop filling when full
- Remove, tube, Vacutainer holder, and undo clamp from drainage tubing

Foley Catheter Specimen Procedure

- In the presence of the patient, label the specimen per the organization's practice.
- Scan lab into Epic
- Prepare the specimen for transport.
- Place the labeled specimen in a biohazard bag.
- If the specimen requires ice for transport, place the specimen in a biohazard bag then place the bag with the specimen into a second biohazard bag filled with ice.
- Discard any remain trash, gloves, and perform hand hygiene

Clean Catch Urine Specimen

- Equipment
 - *Urine Specimen Kit includes:*
 - Specimen cup
 - Grey tube
 - Yellow tube
 - Cleansing wipe
 - *Gloves*
- Patient Lab Labels

Clean Catch Urine Specimen Procedure

- Perform hand hygiene
- Introduce your self with name and title
- Tell patient why you are here
- Verify correct patient by asking patient to state their name and date of birth while you check it against the patient arm band and labels
- Ask the patient if they have ever had the procedure performed before. If not Instruct patient on what procedures will be performed, reason for test, and when results can be expected

Clean Catch Urine Specimen Procedure

- Provide patient with specimen cup and cleansing towelette from kit
- Instruct them to **not** remove sticker over specimen collection needle on lid
- Instruct Patient how to cleanse:
 - *Male*
 - Using a circular motion use the towelette to cleanse the meatus, moving from center to outside
 - *Female*
 - Instruct the patient to spread the labia minora
 - Cleanse the urethral area with the towelette, moving from front (above the urethral orifice) to back (toward the anus).

Clean Catch Urine Specimen Procedure

- Instruct the patient to initiate a urine stream into the toilet. After the patient has initiated a urine stream, pass the specimen container into the stream and collect the appropriate amount of urine
- Remove the specimen container before the urine flow stops and before the labia or penis is released
- Replace the specimen container cap securely; touch the outside of the container only.
- Instruct patient to notify you when finished

Clean Catch Urine Specimen Procedure

- Don Gloves
- Depress specified tube on to specimen collection needle on cups lid (If grey and yellow top tubes ordered GREY IS COLLECTED FIRST)
- Label tubes per protocol
- Scan sample into Epic
- Place in Biohazard Bag