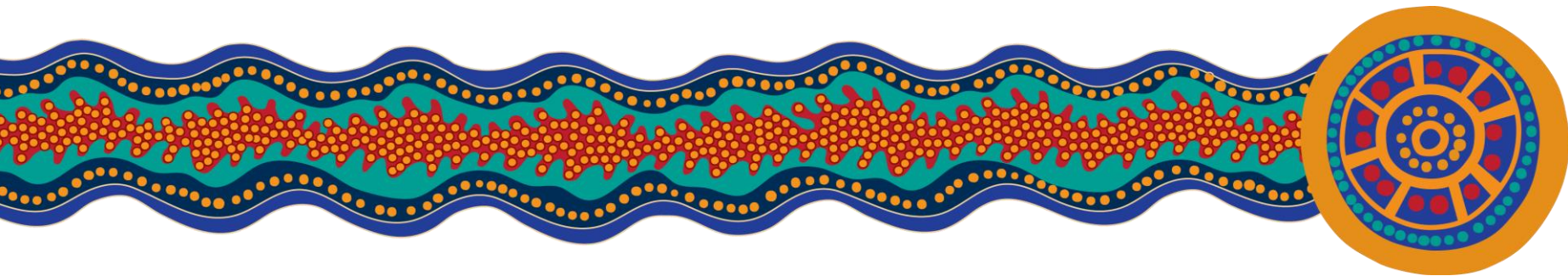


Sheaths

Medical Aids Subsidy Scheme

19 August 2026



The Queensland Government respectfully acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional and Cultural Custodians of the lands on which we live and work to deliver healthcare to all Queenslanders and recognises the continuation of First Nations peoples' cultures and connection to the lands, waters and communities across Queensland.

Session Outline



Pros and Cons of Using Sheaths



Client Assessment



Features of Sheaths



Most Commonly Requested Sheaths available through MASS



Case Study



Application of Sheaths



Practical Demonstration of Application of Sheaths

What is a Sheath?

- Also known as a male external catheter (MEC)¹ or condom catheter²
- Similar in appearance to a contraceptive condom¹
- It is a soft, flexible sleeve designed to fit over the penis and can be attached to a urinary drainage bag or valve¹
- Primarily indicated for men with urinary incontinence who have the ability to void spontaneously but require continuous collection of urine for comfort, hygiene or skin protection²



1. Yates, A. (2020). Managing Male Urinary Incontinence with Sheaths, Body Worn urinals and penile compression clamps. *Journal of Community Nursing*, 34(5), 52 – 58.

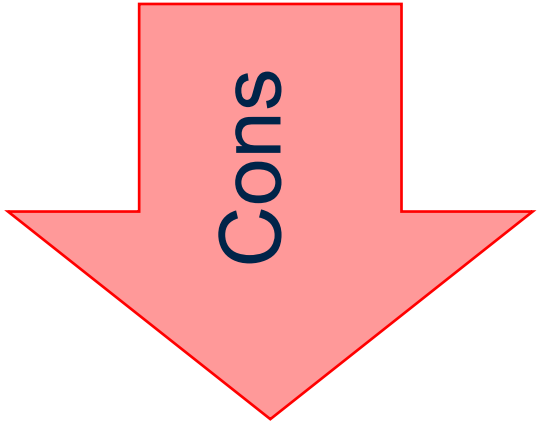
2. Hamilton, C. & McCloy (2026). Optimising outcomes in condom catheter use for male urinary incontinence. *British Journal of Community Nursing*, 31(6), 294 – 298.



Sheaths and Quality of Life (QoL)

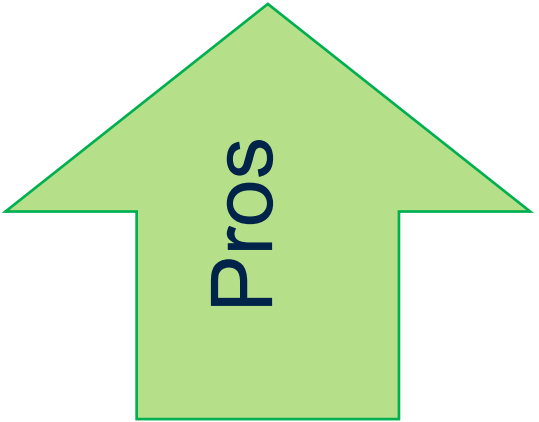
- 61 men with mod- severe urinary incontinence (med. age of 66.8yrs), all long-term users of absorbent products
- QoL was measured using the King's Health Questionnaire (KHQ) and the short form-12 acute questionnaire, as well as a 10-item patient questionnaire
- Outcome:
 - All dimensions of KHQ were scored lower with urisheaths, indicating an ↑QoL
 - 69% of patients preferred the urisheaths to their usual absorbent product
 - Urisheaths scored significantly higher for all categories in the patient questionnaire: efficacy, self-image, odour management, discretion, skin integrity, except ease of use. Safety was considered good.

Sheaths



Cons

- Device leakage or failure¹
- Skin lesions or irritation¹
- User unable to fit correctly¹
- Pressure injury on penile shaft¹
- Reliance on carers¹
- Compression or Tourniquet effect due to ill-fitting sheath or ↓penile sensation²
- Sexual activity may be limited²



Pros

- 
- Independence¹
 - Skin Protection¹
 - Comfort and discretion¹
 - ↓Risk of infection¹
 - Non-invasive¹
 - Flexibility of use¹
 - Choice of length and size¹
 - Low risk of odour²

Client Assessment

A Sheath is Generally Considered when a Man Presents with:

- A neurological condition
- A Spinal cord injury
- Functional urinary incontinence
- Nocturia
- High carer strain
- Sphincter damage
- Need for end-of-life care



Men Suitable for Sheaths

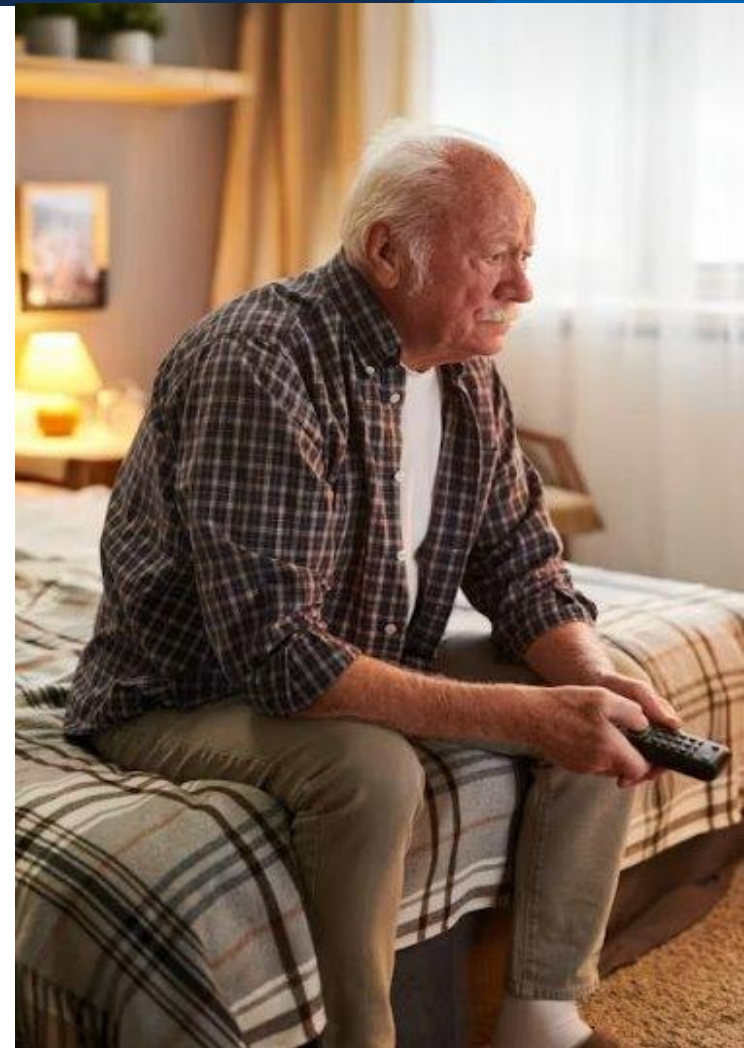
- Moderate-heavy urine loss
- Urinary frequency and/or urgency and/or stress or continuous incontinence
- Limited mobility
- Needing carer support to get out of bed at night
- Temporary need for containment
- The Men or the carer would need good dexterity and eyesight to apply the sheath

Men Unsuitable for Sheaths

- Those with confusion - they may pull off the sheath
- Retracted or very small penis or one that retracts when sitting or bending
- Broken/damaged/excoriated skin
- Urinary retention (unless intermittently self-catheterising)
- ↓Dexterity and no carer
- a large glans and narrow shaft of the penis – ill fitting sheath
- Recurrent UTIs

Potential Adverse Effects of Urinary Sheaths

- Skin irritation
- Maceration
- Pressure necrosis
- Allergic dermatitis
- Urinary tract infections
- Detachment and leakage
- Psychological impact and body concerns
- *Rare*
- Oedema and urethral injury
due to improper sizing or application





Continence Assessment - Red Flags

- Haematuria¹
- Blood in the semen¹
- Painful/burning sensation on urination/ejaculation¹
- Increased frequency, especially at night¹
- Increased urgency¹
- Difficulty to start flow or straining to pass urine, hesitancy or weak flow¹
- Recurrent or persistent UTIs²
- Retention²
- Renal impairment suspected to be caused by lower urinary tract dysfunction
- Suspected urological cancer²

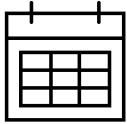
1. Yates, A. (2020). Managing Male Urinary Incontinence with Sheaths, Body Worn urinals and penile compression clamps. *Journal of Community Nursing*, 34(5), 52 – 58.

2. Nazarko, L. (2018). Male urinary incontinence management: penile sheaths. *British Journal of Community Nursing*, 23(3), 110- 116.

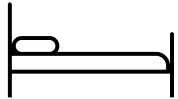
Client Assessment



Patient History and Medication r/v



Bladder Diary



Clinical Examination



Post Void Bladder Scan¹



Check for allergies



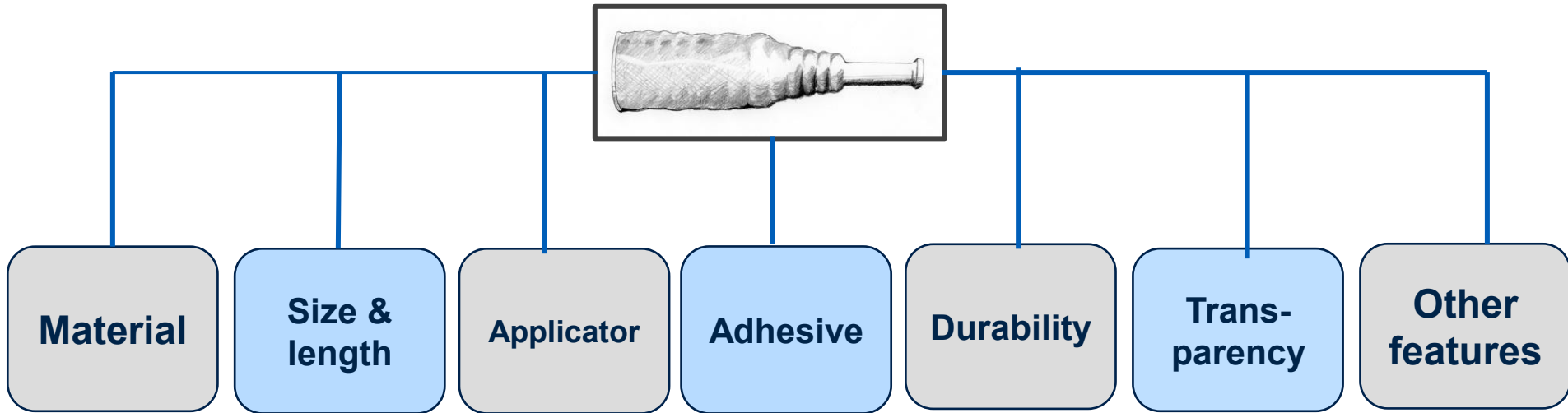


Considerations with Assessment

- If a client has an enlarged prostate, they may find passing urine lying down very difficult and may not be suitable for sheaths
- Check cause of nocturia which could be urinary retention and would need GP review before discussing sheaths
- Always measure for sheath size mid/widest shaft area as wrong sizing is main reason for failure of sheath to stay on during the night
- Check for cognitive decline or confusion

Features of Sheaths

Features of Sheaths



Yates, A. (2024). Penile urinary sheaths: a continence management system for men. *British Journal of Community Nursing*, 38 – 40.

Yates, A. (2020). Managing Male Urinary Incontinence with Sheaths, Body Worn urinals and penile compression clamps. *Journal of Community Nursing*, 34(5), 52 – 58.

Most Commonly Requested Sheaths through MASS

Conveen Penile Sheaths



Conveen
Optima
Urisheath
—regular
and Short
(Coloplast)



Conveen
Security +
EasiFit
Urisheath
(Coloplast)



Conveen
Security +
Urisheath/
with
double
sided tape



Conveen
bag holder
(Not on
MASS)



Conveen
2L bag:
non kink
tubing

Hollister Penile Sheaths



Hollister
Inview
Standard
Length



Hollister
Inview
Silicone
Special Short
Length



Hollister
Inview Extra
Adhesive –
Standard
Length



Hollister
Incare night
drainage
bag

Sheath Samples

Conveen sheaths: Free samples call Coloplast Ph 1800316651 or email aucaredirect@coloplast.com (offer sheath samples and sterile bag to trial)

Hollister sheaths: Free samples call 1800880851 or email priority@hollister.com.au (offer sheath samples and sterile bag to trial)

Free samples of sheaths and bags can be ordered for 3-5 night trial from suppliers

Case Study



Case Study of a community client with nocturia



- 83 y.o. male, Mr F., with Parkinson's Disease
- Cognition intact
- Helped by wife to pass urine 4x/night



GP requested a continence review due to exhaustion of Mr and Mrs F. from their nightly routine



Home visit needed to review possible strategies and visually show them options for nighttime management

Assessment and Intervention



Bladder diary showed very high amount of urine passed in bottle during the night: 4 x/ night

Two options discussed for nighttime:

- 1. Wearing a very large all-in-one continence aid, up to 3700mls ☐
- 2. Trial of sheaths, applied by Mrs F ☒

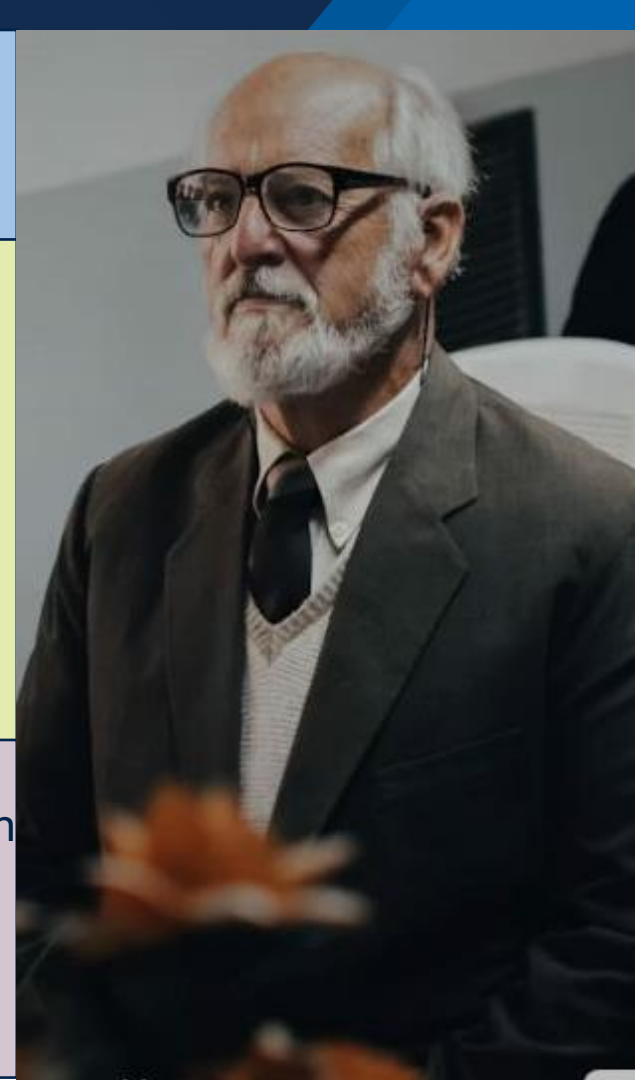
➞ Consent gained for physical exam and measurement of penis for sheath size (regular or short length)



Free samples ordered of the Coveen optima 30mm regular length and a sterile Conveen 2L overnight bag 140cm tube length



Advised to use a bed protector during the three-night trial





Education on:

- Holding pubic hair back
- Not using any creams or powders

Demonstration/ supervision of Mrs F:



- Placing a sheath whilst Mr F. lying on bed
- Pull foreskin forward (not back)
- Rolling down sheath and leaving a 2 –3 cm gap at top of sheath
- Applying a 2L overnight bag



Education on:

- Disconnecting bag and leaving it in the bucket in the morning
- Removing the sheath with warm soapy water in shower on stool



Nurse to call each morning to r/v



**Trial Phase
Once
Samples
Delivered**



Outcome of Intervention



- Mr and Mrs F. reported getting more sleep and feeling less fatigued during the day



- Improved QOL reported by both, including feeling more hopeful and positive with night routine



- Reduced risk of falls for both Mr and Mrs F
- Reduced risk of Mr F transferring to an aged care home



- MASS application was completed to help with cost of sheaths. Bed protector included.

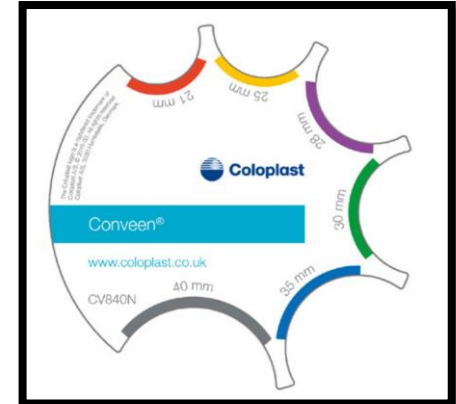


- RN continued with weekly calls for one month to ensure ongoing success with sheaths

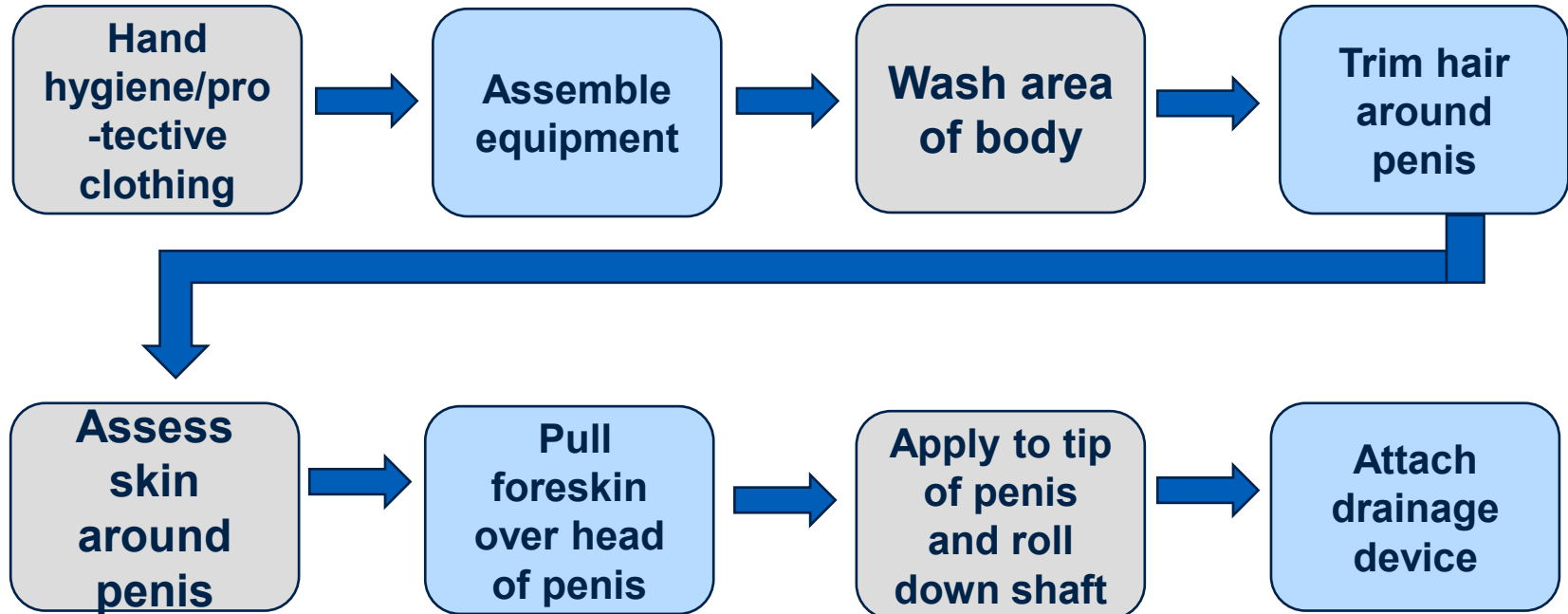
Application of Sheaths

Assessment Prior to Application

- Consent must be given prior to measuring a client for size of sheath
- Measure client using a sheath measurement tool
- Review length of penis to decide which style of sheath i.e., standard length or short length
- Use tool to measure mid shaft for size of sheath
- Choose smaller size sheath if in between



Application of Sheath - in standing if possible



*Remember to leave
a gap when
applying sheath*

Tips for Success

Ensure information is provided to client/carer

Plan a phone call every morning during trial period

Night bags can be washed and used for up to a week

Change sheath every 24hrs or according to manufacturer's instructions

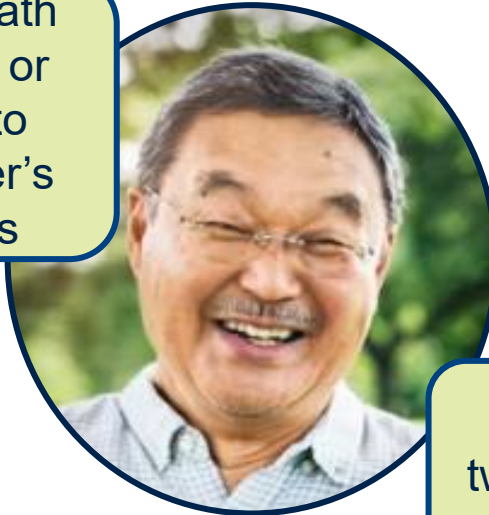
Remind client to check the bag is fully closed

Remove the sheath with warm, soapy water

Ensure no lotion/cream or talcum powder is applied prior to application

Avoid twisting/kinking of sheath

With wheelchair users – may need to adjust seating to allow for optimal drainage



Troubleshooting

Problem Solving

If the sheath sometimes falls off

- Check if client is warming the glue enough after placing sheath over the penis
- Check if size is correct or review for extra adhesive sheath if appropriate

Sore skin

- Check client is leaving a 2-3cm gap between tip of penis and top of sheath to prevent rubbing
- Check urine is not just sitting in space at top of sheath for long periods
- Check client is not using for longer than advised timeframes i.e. > 24hrs

Difficulty in removal of sheath

- Educate client to slowly remove with warm soapy water in shower if possible

Sheath has minimal adhesion

- Client may need a regular length not a short length
- Check client is not using any creams/soaps or powders on penis

Ulceration

- Client must stop using sheaths and review if sheath is wrong size ie smaller fit and causing compression



Demonstration

Certificate of Attendance



Complete the [Webinar Feedback Form](#)
to receive a certificate of attendance.

Thank you!



MASS-Education@health.qld.gov.au