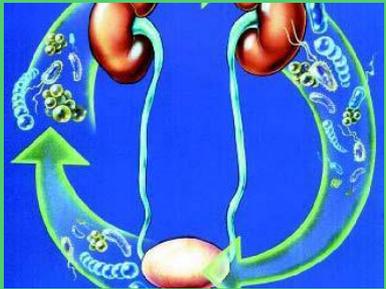


PREVENTION OF URINARY TRACT INFECTION

Urinary tract infections (UTIs) are one of the most common complaints in general practice, especially in the elderly (both male and female). Accounts for 1-3% of consultations.

UTIs are one most frequent causes of hospital admissions in the elderly.

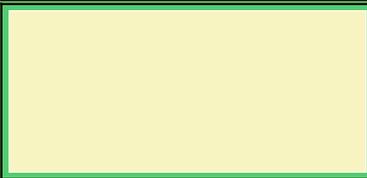
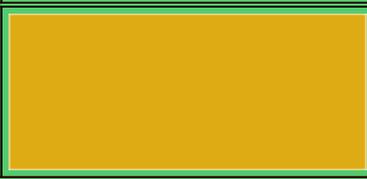


Asymptomatic bacteriuria in the over 65s is very common and is not related to increased morbidity or mortality.
Only sample if: two signs of infection, especially dysuria, pyrexia >38o C or new incontinence. Treat the patient NOT the urine

Use of dipstick detects blood, protein, leukocytes, nitrites
Positive results can suggest likelihood of infection
National guidance suggests don't just dip in elderly – send a sample for culture.

- Prevention**
- Adequate hydration minimum of 2 litres/day (keep fluid balance chart)
 - Look at colour of urine to assess (see chart). Increase fluids if urine dark.
 - Good personal hygiene
 - Avoid feminine hygiene products
 - Encourage complete bladder emptying
 - Encourage front to back cleansing
 - Change incontinence pads frequently
 - Timer alerts for reminding to use toilet for memory impaired



Dehydration Urine Colour Chart	
	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 200mls (1 large glass) of water within the hour, or drink 2 large glasses of water if you're warm or sweating.
	Drink about 3 glasses of water over the next hour and then continue to drink one small glass every hour.
	Drink 4 large glasses of water over the next hour If your urine is darker than this. If urine is red or brown, then dehydration may not be your problem, contact SPA to liaise with care home support team.

Signs of UTI – frequency, urgency, pain passing urine. Smelly urine, high temperature, pain in back, new incontinence.
Patients with underlying conditions such as dementia may find it difficult to explain symptoms. Agitation, change in mental state or other behavioural changes maybe the only sign of UTI in elderly men and women