

Preventing Urinary Tract Infections

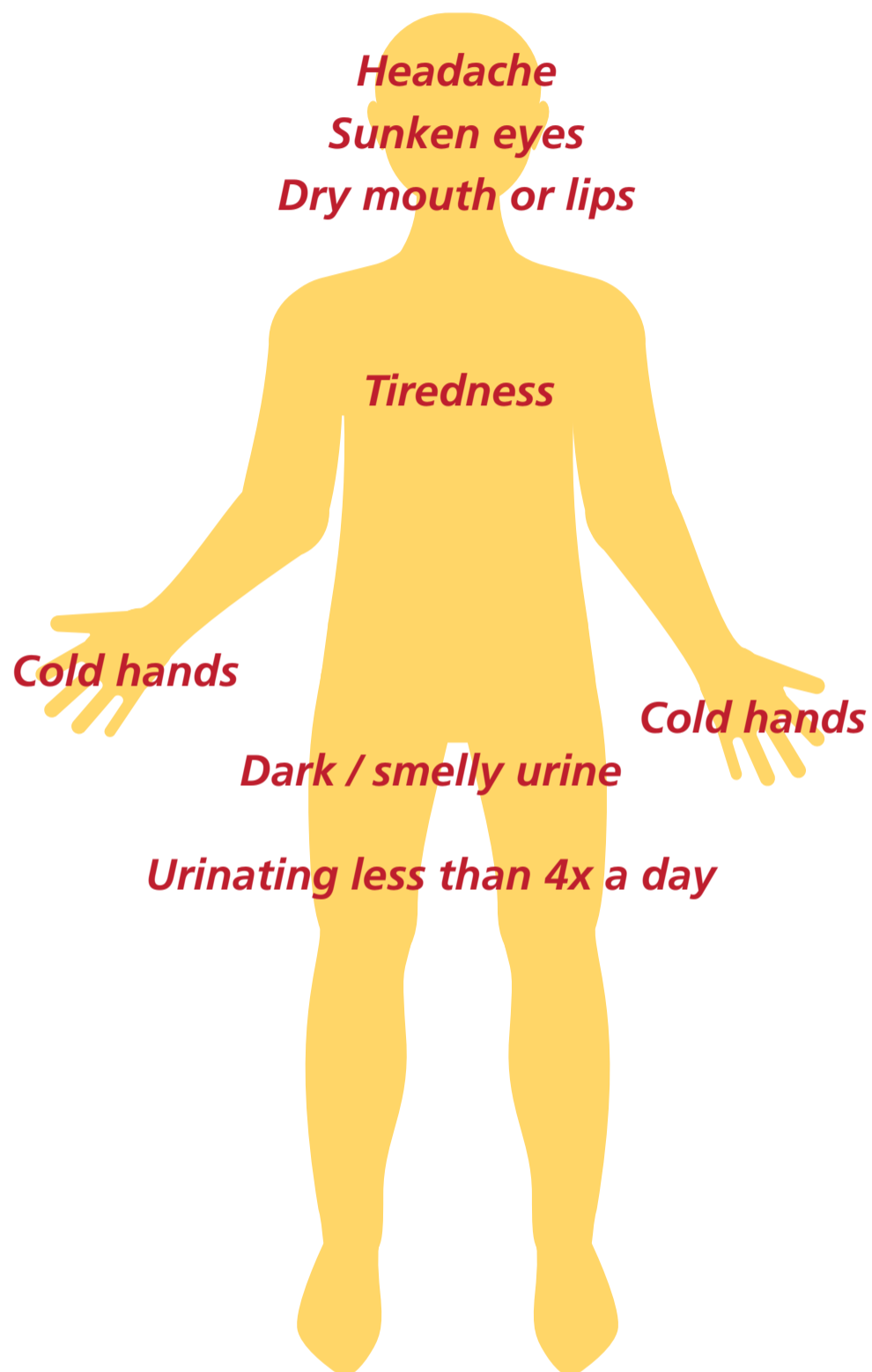
Recognise Dehydration

Urine Colour Chart



Signs of dehydration

Top - to - Toe



Prevent Dehydration

Encourage residents to drink **1.5 - 2 litres of fluids every day** (unless advised not to by GP)



Encourage **regular bladder emptying** and **mobilise** as much as able



Act quickly to resolve **constipation** and **continence** problems

Recognising Urinary Tract Infections

In residents without a Urinary Catheter
(please refer to assessment tool for catheterised residents)

This home is part of an initiative to improve the care of residents suspected of having a UTI.

National Guidelines **no longer recommend using urine dipsticks** to diagnose UTIs in older people.

Instead this care home uses a **UTI assessment tool** to help carers in assessing residents for UTIs.



Residents with **none or only one** of the problems suggestive of a UTI on the assessment tool:

These patients are unlikely to have a UTI. Remember, smelly or dark urine is not a sign of a UTI without other symptoms present.

UTI Unlikely

Residents with symptoms suggestive of a different infection, such as:

- Diarrhoea and/or vomiting
- New cough or breathlessness
- New area of red warm skin

These residents are more likely to have a different infection, and not a UTI.

Consider Alternative Infections

Residents with **two or more** problems suggestive of a UTI on the assessment tool:

- Pain on passing urine
- New or worsening incontinence
- Passing urine more frequently
- Lower tummy pain
- New back pain
- Blood in urine
- Inappropriate shivering/chills
- Temperature $<36^{\circ}\text{C}$ or $>38^{\circ}\text{C}$
- New or worsening confusion or agitation

These residents may have a UTI. Follow the actions on the Assessment Tool.

UTI Likely

Urine dipsticks not used here!



National Guidelines advise that **urine dipsticks should not be used to diagnose a UTI in older people.** Instead this home is using an assessment tool.



Bacteria in the urine can be normal in older people.



If you think a resident may have a UTI, **use the assessment tool** to check for signs and symptoms and the action to take.



Giving antibiotics when they are not really needed will lead to **1 in 3 residents developing side-effects such as diarrhoea.**

