

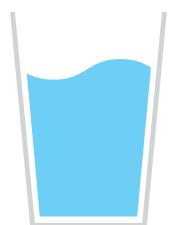
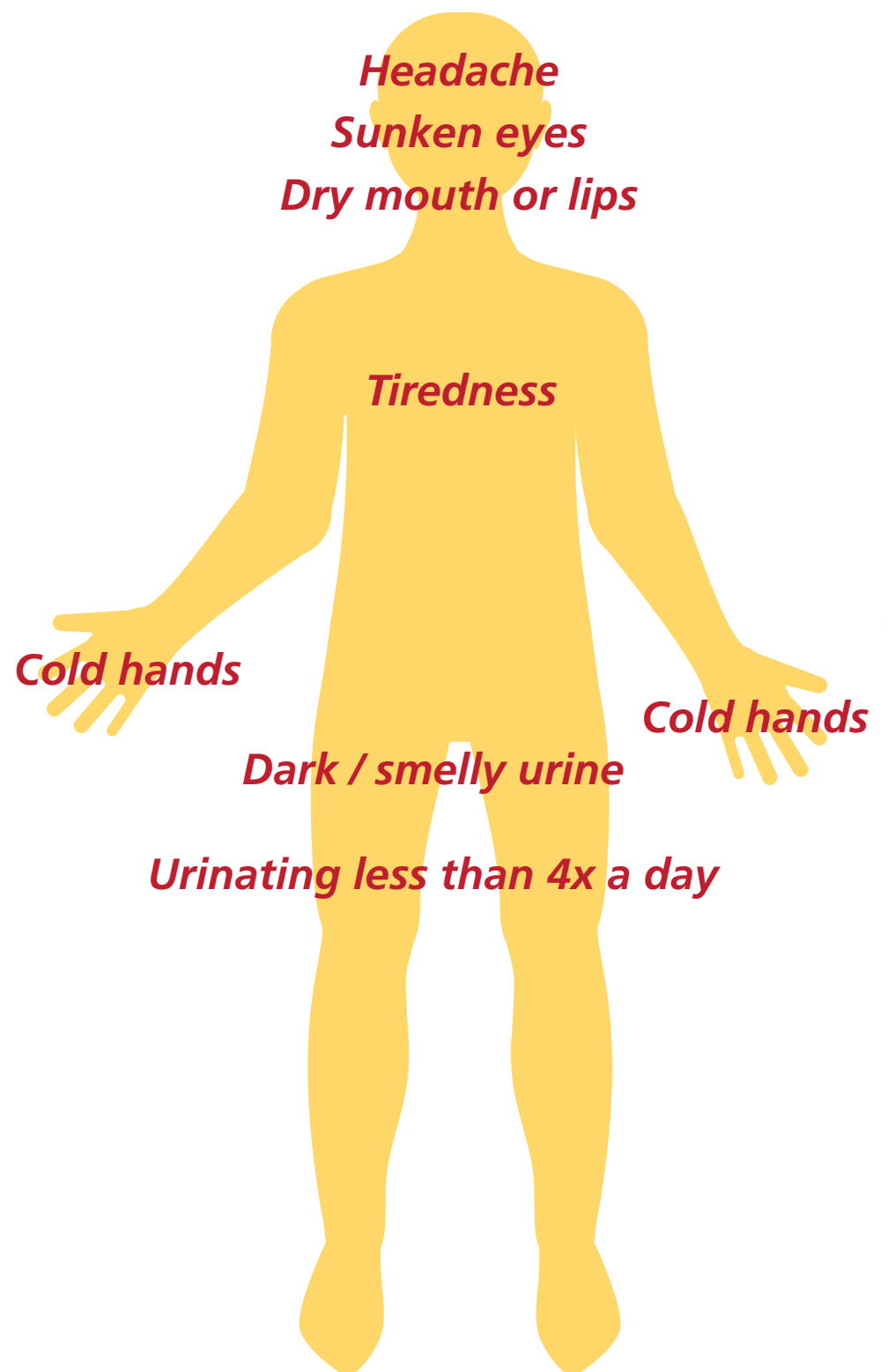
Preventing Urinary Tract Infections

Recognise Dehydration

Signs of dehydration

Top - to - Toe

Urine Colour Chart



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

Please speak to the care home manager if you have any questions

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

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

UTI Likely

Please speak to the care home manager if you have any questions

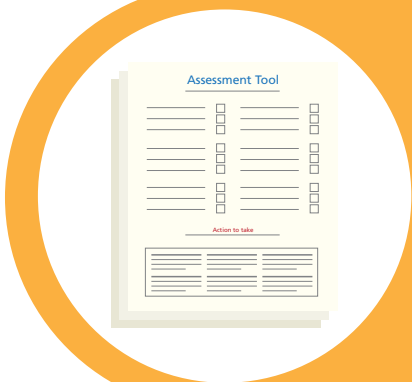
Urine dipsticks not used here to diagnose infection



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.**

