

SAFETY Soundbite

Learning from person centred care

Quality and Governance

Preventing Urinary Tract Infection (UTI) and Improving Hydration

Did you know Wirral has the highest rates of prescribing of antibiotics for UTI in England and one of the highest rates of broad-spectrum antibiotic use

Here's how we can help prevent and reduce UTI

Do Not rely on urine dipsticks for diagnosing a UTI

The prevalence of asymptomatic bacteriuria in people over 65 and those with urinary catheters means that UTIs can be over diagnosed by relying on urine dips in this population.

Do not use urine dips to diagnose UTI in:

- People **aged 65 years or over**
- Anyone with a **urinary catheter**

There are times when urine dipsticks can be useful for e.g. For women under 65 where diagnosis is not clear or for children who are more than 3 months old

What symptoms should diagnosis of UTI be based on in people aged 65 or over or people with catheters?

Either

Burning, pain or discomfort when passing urine (dysuria)

or

Tenderness in back, under ribs (kidney pain) (Possible upper UTI/ pyelonephritis)

Or if 2 or more symptoms below:

- Needing to pass urine much more often than usual or more urgently
- New or worsening urinary incontinence
- Visible blood in urine (macroscopic haematuria)
- Pain in lower tummy or above pubic area
- Inappropriate shivering/chills OR temperature below 36 or above 37.90C
- New or worsening confusion, agitation, or delirium

Diagnosis should be made based on symptoms. If UTI is likely and antibiotics are indicated offer treatment whilst awaiting the result of the culture and sensitivity. Amend treatment, if necessary, once the results are available.

Refer to Pan Mersey guidance when prescribing antibiotics

Always think could this be sepsis?

Early recognition of Sepsis and treatment can save lives

Improve Hydration

Symptoms of dehydration

- Dry mouth and lips, sunken eyes
- Fragile, dry skin
- Difficulty holding a cup/dexterity problem
- Thirst
- Headache
- Tiredness
- Disorientation/confusion
- Hypotension
- Tachycardia
- Passing small amounts of dark-coloured urine infrequently

Effects of dehydration

- UTIs
- pressure sores
- cognitive impairment
- dizziness and falls
- constipation
- kidney damage
- increased chance of hospital admission

How to encourage hydration

- Increasing choice of drinks
- Mouth care and hygiene
- Encourage an increase in fluids during summer months
- Identifying barriers to hydration for example – easy access to a toilet or cup choice
- Promote fluid rich food such as yoghurts, ice cream, melon, and oranges

The urine chart below is a good indicator of how hydrated you are.

Use this indicator for yourself and your patients to help recognise

when you need to take more fluids

1		Good
2		Good
3		Fair
4		Dehydrated
5		Dehydrated
6		Very dehydrated
7		Severe dehydration