

Prevention of urinary tract infection.

Encourage fluid intake

- Offer regular fluids 6 – 8 glasses (11/2 – 2 litres) a day.
- Use the urine colour guide
- Use a fluid balance chart where appropriate.
- Offer fruit, soups, gravy, ice lollies etc. to increase fluid input.
- Know the signs of dehydration.

Avoid constipation

- Use the Bristol Stool form scale poster.
- Use a bowel movement record chart where appropriate.

Maintain residents personal hygiene.

- Use disposable cloths.
- Wash the genital and anal area at least daily and with every pad change
- Remember for female residents wash/wipe from front to back.
- For male residents, retract the foreskin for washing and replace.

Hand hygiene and personal protective equipment.

- Wash hands after every patient contact.
- Use gloves and aprons correctly.
- Encourage residents to wash their hands.



Catheters

- Ensure catheter care carried out each day.
- Ensure the catheter bag is kept below the level of the bladder to avoid backflow.
- Avoid kinking of the tube and ensure it is draining.
- Ensure catheter secured using a catheter stabilisation device.
- Change the leg bag every 7 days using a non touch technique.
- Avoid contamination of the tap when emptying..

Dip or not to dip

- If you suspect a resident has a urinary tract infection, complete the UTI assessment form with the symptoms the resident is displaying. Also take:
 - Pulse – heart rate over 90 bpm
 - temperature – above 38 degrees c
 - respiration rate above 20
- Fax or discuss with GP regarding any treatment**
- Take a urine specimen. Do not use dipsticks.**

Signs and symptoms of Urinary tract infection

- Dysurea- pain passing urine.
- Urgency
- Frequency
- Suprapubic tenderness
- Haematuria – blood in urine
- Polyurea – passing bigger volumes
- Loin pain
- New onset or worsening confusion.