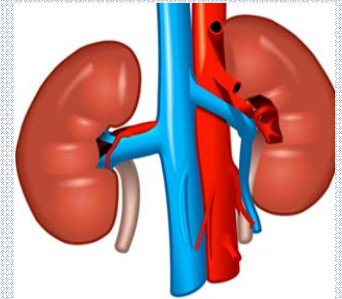


Urinary Tract Infection (UTI) in Care Home Residents

What is a Urinary Tract Infection?

It is an infection in any part of the urinary system, the kidneys, ureters, bladder and urethra



How do I know if someone has a UTI?

Any two new symptoms of the following:

- New onset or worsening of pre-existing confusion/agitation /drowsy
- Shaking /chills/high temperature $>38.0^{\circ}\text{C}$ or < 36.0
- Dysuria - difficulty or pain passing urine
- Urgency - needing to go to the toilet quickly
- Frequency – needing to urinate more often than normal
- Urinary incontinence – unintentional loss of urine
- Pain in the side of the body or above the groin area
- Blood in the urine

SIGN 88 guidance, July 2012, Management of suspected bacterial urinary tract infections in adults

It is particularly difficult to diagnose a UTI in older people because they can have a bacteria in their urine but not show any symptoms. This means that older people in care homes frequently have antibiotic treatment which can be avoided.

Urine Colour



A general rule of adequate hydration is that the clearer and lighter the urine the better.

1-3 is healthy pee, 4-8 you must hydrate
Remember: various medications and vitamins can alter the colour of the urine.

How can I help?

The elderly often do not know they are thirsty.

They should drink around 1500-2000 mls (6-8 glasses) each day.

Offer drinks regularly throughout the day.

Help them to have their drink.

Give them choices of cups and drinks.

Hydrate:
Offer more drinks

