Preventing Urinary Tract Infections

Recognise Dehydration

Urine Colour Chart

- Good
- Good
- Fair
- Dehydrated
- Dehydrated
- Very Dehydrated
- Severely Dehydrated

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

Signs of dehydration

Top - to - Toe

- Headache
- Sunken eyes
- Dry mouth or lips

- Tiredness
- Cold hands
- Cold hands

- Dark / smelly urine

- Urinating less than 4x a day

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.

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.

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°C or >38°C
- New or worsening confusion or agitation

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

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.

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