



# *Nightingale University*

## *Urinary Tract Infections What you need to know*



### *UTI Prevention*

1. Hydration – encourage your patients to drink 8-10 glasses of water everyday (provided they don't have any restrictions).
2. Hand washing – remember to wash your hands before and after patient contact and wear gloves when needed.
3. Toileting – encourage your continent patients to go every two hours or more frequently if they have the urge, retaining urine can lead to an infection. Incontinent patients should also be toileted every two hours, being upright helps empty the bladder. This may also decrease episodes of incontinence.
4. Hygiene – remember to cleanse from front to back to prevent the introduction of bacteria into the urethra. Incontinent patients should be cleansed thoroughly after each episode. Apply a barrier ointment after cleansing to help prevent skin breakdown.
5. Briefs – use only when patient is OUT OF BED be sure to change them a minimum of every two hours and cleanse thoroughly. Use bed liners at night and during naps. Remember...a warm, dark and wet environment will encourage bacterial growth.

## *... Urinary Tract Infections*

### *UTI Early Detection*

1. Increased Urination – is your patient voiding more frequently than usual?
2. Pain and Burning – does your patient complain of either when urinating?
3. Appearance – does their urine appear cloudy or darker than normal?
4. Sediment and Blood – are either present in their urine?
5. Odor – is there a stronger odor than normal or a foul smell?
6. Behavior – does your patient seem suddenly confused or disoriented?
7. Early detection of these symptoms can prevent a serious infection and keep your patient at home.
8. Know the signs and look for them daily, UTI's can have very sudden onset.

## *... Urinary Tract Infections*

### *When Symptoms are Present*

1. Seek treatment ASAP. Notify the scheduler or clinical coordinator and document your findings in the coordination notes.
2. Increase fluids and encourage cranberry juice (if no allergies are noted).
3. Remember once treatment is started that some medications may cause urine to have an orange tint, this is normal and does NOT resemble the appearance of blood in the urine.
4. If symptoms persist after completion of antibiotics notify the scheduler or clinical coordinator, so they can call the physician to see if another C&S is warranted.
5. Remember – you are our eyes and ears, we can't take care of our patients without you.