

# UTI in the Long-Term Care Setting

for residents, guests, families and visitors

IS IT A UTI?

Urinary Tract Infections (UTIs) are more common in older adults and people who have incontinence, a catheter or need help toileting. However, only a true UTI should be treated with antibiotics.

## Things to Look for Before Testing Urine:

- **Fever**
- **Pain** or burning with urinating, or pain in lower abdomen
- A **strong urge** to urinate and/or feeling the need to urinate more frequently
- **Blood** in urine, which can sometimes be from infection
- **History** of UTI and/or someone at higher risk

## How do Health Clinicians Know if Someone has a UTI?

The only way to know for sure someone has a UTI is if a clinician diagnoses a UTI based on symptoms and urine tests.

## Antibiotics come with RISK!

Using antibiotics can cause:



**Nausea**



**Loss of appetite**



**Diarrhea**



**Allergic reaction**

Antibiotics can also lead to diarrhea from C. Difficile, a serious, debilitating infection of the colon. Work with your health care team to only use antibiotics when necessary.

## How to Help Prevent UTIs



**Wash hands frequently**



**Be knowledgeable about UTIs**

Cloudy or smelly urine alone does not mean someone has a UTI

A change in behavior or memory alone does not mean someone has a UTI

Some bacteria can be in urine, especially for people living in long-term care. This alone does not mean they have a UTI.



**Report discomfort, pain, fever or blood in urine to staff**



**Wipe front to back**



**Understand the importance of hydration**

Make sure to drink plenty of fluids

If visiting, help residents stay hydrated as directed by staff

