UTI in the Long-Term Care Setting

for residents, guests, families and visitors

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





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

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