



Week 2: Urinary Tract Infections (UTIs)

Monday

A suspected UTI can lead to a resident being transferred to the hospital. What does staff do if they suspect a resident has a UTI, or if the resident or family member tells you they suspect a UTI?

How does your clinical and physician staff know which criteria (McGeer, Loeb, NHSN) the facility follows? Has education been provided on this?

Download the two resources below to guide nursing staff in the initial evaluation of a possible UTI. **Review the weekend 24-hour reports for suspected UTIs.**

Urinary Tract Infection Surveillance Pocket Card

General Symptoms

- Fever
 - Single oral temp $>100^{\circ}\text{F}$ (37.8°C), OR
 - Repeated oral temp $>99^{\circ}\text{F}$ (37.2°C), OR
 - Repeated rectal temp $>99.5^{\circ}\text{F}$ (37.5°C), OR
 - Single temp $\geq 101^{\circ}\text{F}$ (38.3°C) from baseline from any site
- Leukocytosis
 - $>14,000$ WBC / mm³, OR
 - $>10^6$ WBC / mm³, OR
 - $>15,000$ bands / mm³
- Acute Mental Status Change
 - Acute onset,
 - AND fluctuating abnormal behavior, i.e. delirium,
 - AND inattention,
 - AND either disorganized thinking
 - OR altered level of consciousness
- Acute Functional Decline
 - Spontaneous increase in baseline activities of daily living (ADL) score according to the following items:
 - Bed mobility
 - Transfer
 - Locomotion within LTCF
 - Dressing
 - Toilet use
 - Personal hygiene
 - Fatigue
 Each scored from 0 (independent) to 4 (total dependence)

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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 long-term nursing assistance. Only a test (UTI) should be used 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
- Bleed in urine which can sometimes be mistaken for hematuria
- History of UTI and/or someone at higher risk

Antibiotics come with RISK!

Using antibiotics can cause:

- Nausea
- Loss of appetite
- Diarrhea
- Allergic reaction

How do Health Care Providers Know if Someone has a UTI?

The only way to know for sure someone has a UTI is if a health care provider does a UTI based on symptoms and urine tests.

How to Help Prevent UTIs

- Wash hands frequently
- Be knowledgeable about UTIs
 - Crashes or events are not always what mean someone has a UTI
 - A change in behavior or memory does not mean someone has a UTI
 - Some residents can be at higher risk, especially for people living in long-term care. This alone does not mean they have a UTI.
- Wipe front to back
- Report discomfort, pain, fever or blood in urine to staff
- Understand the importance of hydration
 - Make sure to drink plenty of fluids
 - Frailty, help residents stay hydrated as directed by staff

Quality Improvement **HCIN**

UTI in Long-Term Care Setting: Residents, Guests, Families, Visitors

Tuesday

As you are rounding, observe the following for residents with a urinary catheter and notify nursing as appropriate for any needed interventions. Perform hand hygiene before each and every manipulation of the catheter device or site. During inspection, look to make sure:

1. The catheter tubing is unobstructed and not twisted, kinked, or looped,
2. The urine collection bag is BELOW the level of the bladder. The catheter bag should never touch the floor,
3. The catheter is secured to the resident if mobile, and

4. The drainage bag is covered with a dignity bag. Empty the collection bag regularly and prior to transport.

Observe residents with urinary catheters. Use the [urinary catheter observational tool](#) to record your findings.

Urinary Catheter: Observation

Instructions: Observe patients with urinary catheters in place. Observe each practice and record the observation in the column on the right, sum (across) the total number of "Yes" and the total number of observations ("Yes" + "No"). Sum all categories (down) for overall performance.

Urinary catheter: Observation Categories	Patient 1	Patient 2	Patient 3	Patient 4	Summary of Observations	
					Yes	Total Observed
1 Is the catheter properly secured to the patient?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
2 Is there unobstructed flow from the catheter into the bag?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
3 Is the collection bag below the level of the bladder?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4 Are the bag and tubing off of the floor?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Total YES and TOTAL OBSERVED						

Wednesday

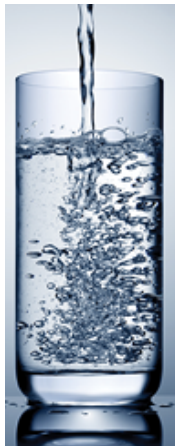
When is the last time you completed CNA observation rounds or competencies for providing peri care to residents?

Performing peri care the proper way can reduce the likelihood of a UTI. It is recommended to audit all new CNAs upon hire and annually. **Share this [Peri Care Audit Tool](#) with your clinical staff and schedule peri care audits.**

Peri Care Audit Tool		
Staff Initials: _____	Date: _____	Shift: _____
Completed by:	Steps to Evaluate	Comments
	Perform hand hygiene	
	Gather supplies	
	Know where emergency room	
	Provide privacy (door, curtains/roommate, resident draped)	
	Perform hand hygiene	
	Apply clean gloves	
	Remove gloves and apply clean gloves	
	Remove Peri Care	
	Apply clean gloves to edge (open idea and cleanse front to back including outer, inner and fingernails)	
	Use a clean wipe for each front-to-back cleaning if more cleaning is needed	
	Dry as needed	
	Apply clean gloves if applying barrier cream	
	Remove gloves and perform hand hygiene upon completion of all care	
	Wash Peri Care	
	Apply clean gloves to open, using circular motion from the middle down	
	Use a clean wipe each time if more cleaning is needed	
	Apply clean gloves and cleanse the scrotal area, thighs and testicles	
	Dry as needed	
	Apply clean gloves if applying barrier cream	
	Remove gloves and perform hand hygiene upon completion of all care	
	Any time gloves are visibly soiled, perform hand hygiene and apply clean gloves	

Provided immediate feedback of observation: YES / NO
 Provided one-on-one education if indicated above: _____
 I have received and understand the education provided above.
 Staff Signature: _____
 Printed Name and Title: _____

Thursday



Take a close look at hydration. Are residents hydrated? What process is in place to offer residents fluids with each contact?

Remind direct care staff to offer fluids frequently and consider a "hydration station" and/or offering something to drink at resident activities and gatherings. Jell-O and popsicles are a great way to offer additional hydration.

Discuss with the team how additional hydration can be provided to the residents.

Friday

Are the residents and families involved in UTI prevention? Providing education about the signs and symptoms of a UTI and the risks of antibiotic use is very important. Families have good ideas so be sure to ask them to help with providing hydration when they visit.

Download the Centers for Disease Control and Prevention's (CDC) [Antibiotics Aren't Always the Right Answer](#) resource, print it and make it available at the nurse station for residents and family members.

Why does taking antibiotics lead to antibiotic resistance?

Any time you take antibiotics, they can cause side effects and contribute to the development of antibiotic resistance. Antibiotic resistance is one of the most urgent threats to the public's health.

Always remember:

1. Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it means bacteria are developing the ability to defeat the antibiotics designed to kill them.
2. When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
3. Some resistant bacteria can be harder to treat and can spread to other people.

More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

What is the right way to take antibiotics?

If you need antibiotics, take them exactly as prescribed. Never save your antibiotics for later use or share them with family or friends.

Taking antibiotics only when needed helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

Talk with your healthcare professional if you have any questions about your antibiotics, including how they could interact with other medications you are taking, or if you develop any side effects.

What are the side effects?

Common side effects range from minor to very severe health problems and can include:


- Rash
- Dizziness
- Nausea
- Diarrhea
- Yeast infections

Get immediate medical help if you experience:

- **Severe diarrhea**—it could be a symptom of a C. diff infection, which can lead to severe colon damage and death.
- **Severe and life-threatening allergic reactions**, such as wheezing, hives, shortness of breath, and anaphylaxis (which also includes feeling that your throat is closing or choking, or your voice is changing).

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use or call 1-800-CDC-INFO.

Antibiotics Aren't Always the Answer.



BE ANTIBIOTICS AWARE
SMART USE, BEST CARE