

## Guidance on urinary tract infections (UTI) for care home staff

### Usual symptoms of a UTI

#### Clinical changes

Resident complains of or carers recognise 2 or more of the following

- |   |   |
|---|---|
| ◆ Dysuria (pain on urination)           | ◆ Shaking chills (rigors)                   |
| ◆ Urgent or frequent need to urinate    | ◆ Pain in the side of body or suprapubic    |
| ◆ New or worsening urinary incontinence | ◆ Frank haematuria (visible blood in urine) |

**Establish what is normal for the resident** - check their care plan

#### Behavioural changes

- ◆ New onset or worsening of pre-existing confusion or agitation

**If carers are trained** record and document:

- |                    |                      |
|--------------------|----------------------|
| ◆ Temperature      | ◆ Blood pressure     |
| ◆ Pulse            | ◆ Oxygen saturations |
| ◆ Respiratory rate |                      |

*This must not delay contacting the clinician for advice*

#### **Do not dipstick**

Dipstick testing of urine is unreliable and a poor indicator of infection in many care home residents because they already have background bacteria in their urine

Contact the clinician who is the usual point of access, e.g. GP, medicare/telemedicine

**If any signs of sepsis or red flags symptoms dial 999 immediately  
OR follow the person's advanced plan for accessing urgent medical help**

#### Red flag symptoms include:

- |  |   |
|--|---|
| ◆ Resident has collapsed or cannot be woken                  | ◆ Has blue lips                                       |
| ◆ Unable to feel a pulse at the wrist                        | ◆ Has new red or purple rash all over or mottled skin |
| ◆ Breathing very fast (more than one breath every 2 seconds) | ◆ Has not passed urine in the last 12 hours           |
|  | ◆ Recent chemotherapy (within last 6 weeks)           |

#### Sepsis symptoms in adults ([www.nhs.uk/conditions/sepsis](http://www.nhs.uk/conditions/sepsis))

Early symptoms of sepsis may include:

- ◆ A high temperature (fever) or low body temperature
- ◆ Chills and shivering
- ◆ A fast heartbeat
- ◆ Fast breathing

In some cases, symptoms of more severe sepsis or septic shock (when blood pressure drops to a dangerously low level) develop soon after.

These can include:

- ◆ Feeling dizzy or faint
- ◆ A change in mental state – such as confusion or disorientation
- ◆ Diarrhoea
- ◆ Nausea and vomiting
- ◆ Slurred speech
- ◆ Severe muscle pain
- ◆ Severe breathlessness
- ◆ Less urine production than normal – for example, not urinating for a day
- ◆ Cold, clammy and pale or mottled skin
- ◆ Loss of consciousness