

Urinary Tract Infections: How to Recognize and Prevent Them in a Long-Term Care Facility

for CNAs

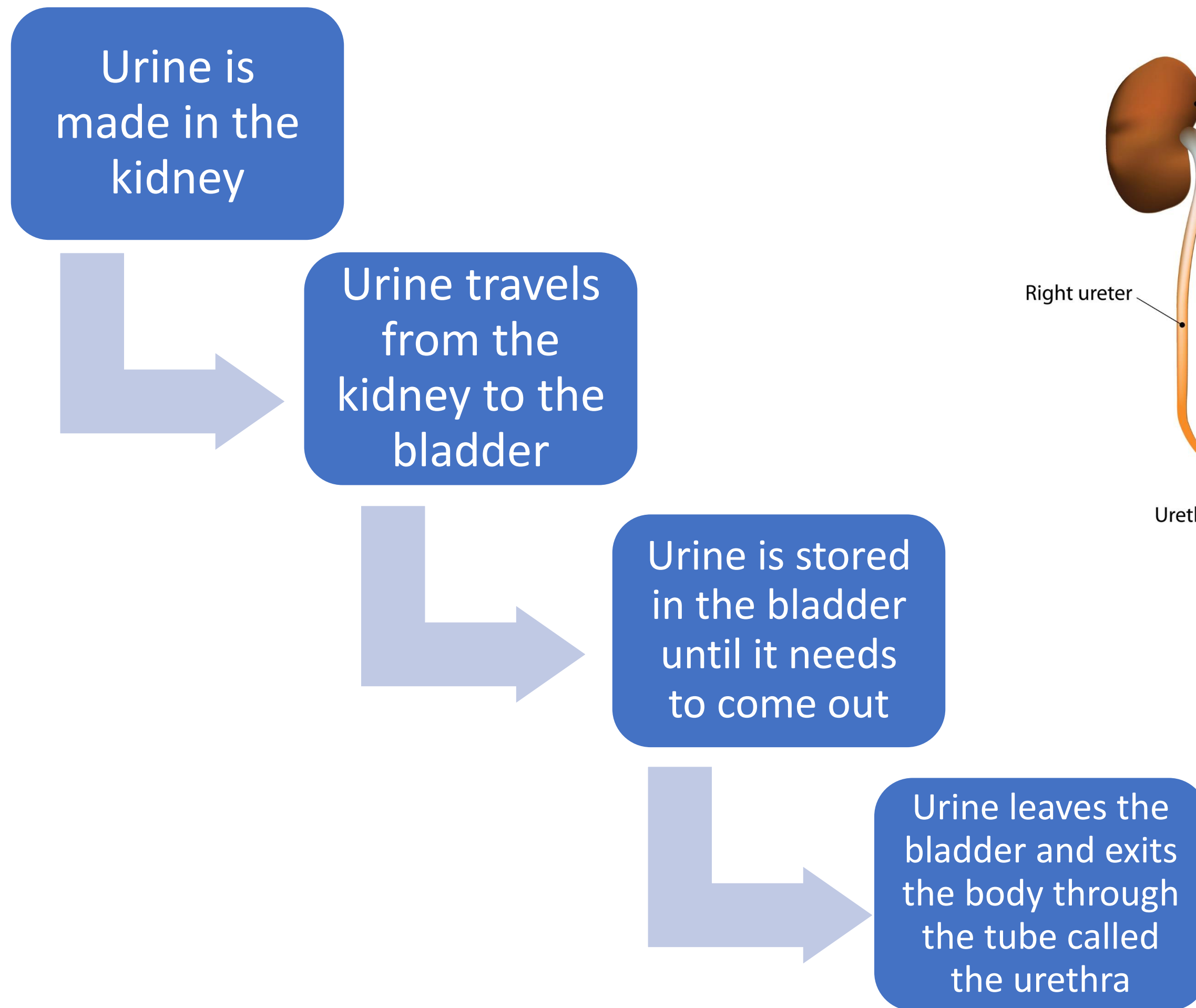
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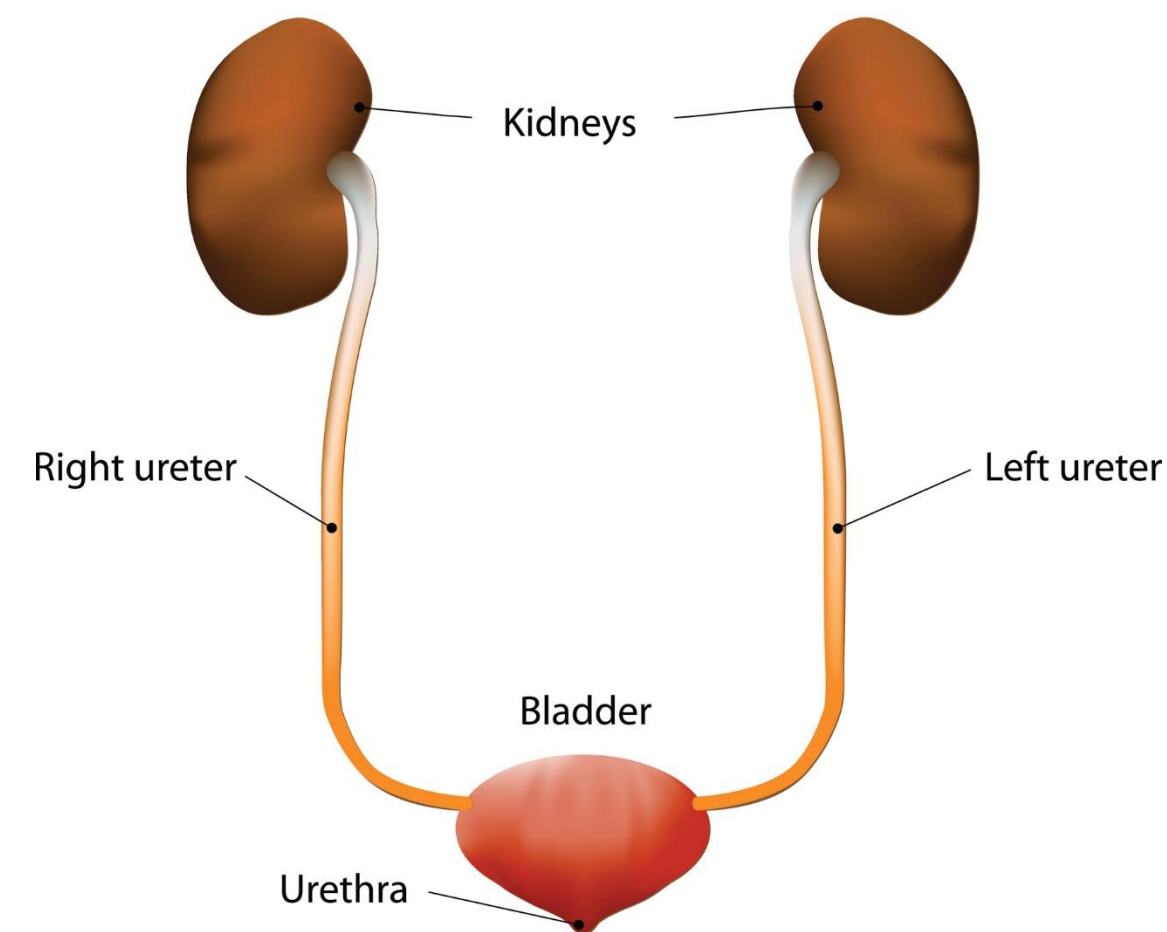
Urinary Tract Infections and Sepsis

- Urinary Tract Infections (UTI) can cause a bad illness caused sepsis.
- Sepsis happens when chemicals released in the blood to fight an infection cause inflammation throughout the body, damaging multiple organs and causing them to fail, and sometimes even resulting in death.
- Early recognition of a UTI by staff can help prevent a UTI from becoming Sepsis

Flow of Urine Out of the Body



HUMAN URINARY SYSTEM



- Urethra is very short in females and longer in males.
- Bacteria from bowel movement can go up the urethra and cause an infection in both females and males.

Signs of a UTI

1. Resident has problem peeing.
2. Smell of urine is bad.
3. Color of urine is not yellow and clear.
4. Resident states it hurts to pee, or it burr
5. Resident must pee frequently.
6. Resident is confused.



Healthy Urine
Clear yellow is what healthy
urine should look like

How to Prevent a UTI

- Never leave a resident in a bowel movement soiled brief
- Always wipe your resident clean from the front to the back.
 - ✓ Wiping back to front brings the bacteria from the bowel movement to the urethra (the tube that takes urine out of bladder).

How Much Liquid?

- Make sure the resident drinks plenty of liquids.
 - ✓ Soup, tea, coffee, soda, frozen ices and Jell-O are liquids.
- Thickened liquids are often not taken that well. Pay special attention to amount resident drinks.
- Residents should drink at least 600ml (2.5 cups) with each meal.



How Much Urine?

- Resident should pee at least 240 ml (1 cup) every 8 hours.
- Older residents do not like to drink, especially if they are incontinent.
- They might feel embarrassed at using a public toilet.
- They might feel afraid of peeing on themselves.
- They may be afraid of asking for help to use the toilet.
- Males need to go right away due to their enlarged prostate.



Urinary Foley Catheters

- Always make sure that the tubing and bag are lower than the bladder.
 - ✓ Urine from the catheter can flow back into bladder with bacteria.
- Look at urine and note the **C**olor, **C**onsistency (stuff), **Q**uantity, or **CCQ**.
- Report any urine that is not clear and yellow.
- Follow facility policy on catheter care.

Closed Urinary Drainage



Do not lie on tubing.

Hang bag on frame of bed.

UTI – Quiz

1. A Urinary Tract Infection can cause a bad illness called sepsis and residents can die from sepsis.

True False

2. Urine leaves the body through a tube called the urethra.

True False

3. The signs of a UTI can be:

- A. Bad smelling urine
- B. Resident must pee often
- C. Color of urine is not clear yellow
- D. Resident is confused
- E. All the above

4. When you clean your female resident you should wipe back to front.

True False

UTI – Quiz, Part 2

5. Thickened liquids don't drink as well and need special attention.

True False

6. A resident should drink at least 600 ml at each meal.

True False

7. If my resident has a foley catheter, I should:

A. Make sure the tubing always hangs lower than the bladder

B. Follow facility protocol for Foley care

C. Note the Color, Consistency, and Quantity of urine in the bag

D. All the above

Answers

1. **True** – UTIs can lead to sepsis, which can be deadly.
2. **True** – the urethra leads urine out of the body.
3. **E** - All the above
4. **False** – You should wipe front to back.
5. **True** – Thin liquids are better to drink for patients with UTI.
6. **True** – 600ml or 2.5 cups per meal.
7. **D** - All the above



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