

IPC Bulletin for Staff providing Domiciliary Care (Care at Home)

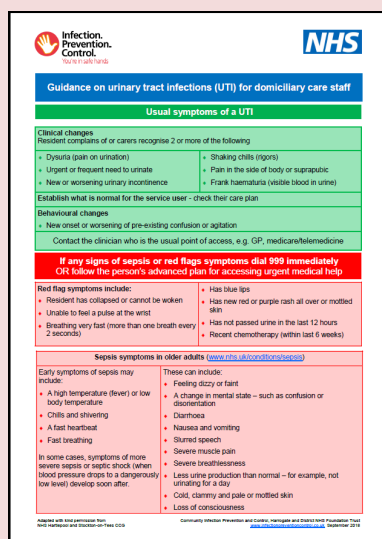
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To further support Care Staff, here is some information on good infection prevention and control (IPC) practice.

Preventing Urinary Tract Infection and Dehydration

A suite of resources to support you

We have produced a suite of resources for Domiciliary Care staff to add to those already available on our website, providing advice and a point of reference to service users, care staff and healthcare professionals on preventing, diagnosing and managing UTI's. Reducing the number of UTI's, and the prompt recognition and appropriate management of UTI's helps to reduce unnecessary hospital admissions and inappropriate antimicrobial prescribing.



Guidance on urinary tract infections (UTI) for domiciliary care staff

Usual symptoms of a UTI

Clinical changes
Resident complains of or carers recognise 2 or more of the following:

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

Establish what is normal for the service user - check their care plan

Behavioural changes
New onset or worsening of pre-existing confusion or agitation

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

If any signs of sepsis or red flag 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
- Unable to feel a pulse at the wrist
- Breathing very fast (more than one breath every 2 seconds)
- Has blue lips
- Has new red or purple rash all over or mottled skin
- Has not passed urine in the last 12 hours
- Recent chemotherapy (within last 6 weeks)

Sepsis symptoms in older adults (www.nhs.uk/conditions/sepsis)

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

Early symptoms of sepsis may include:

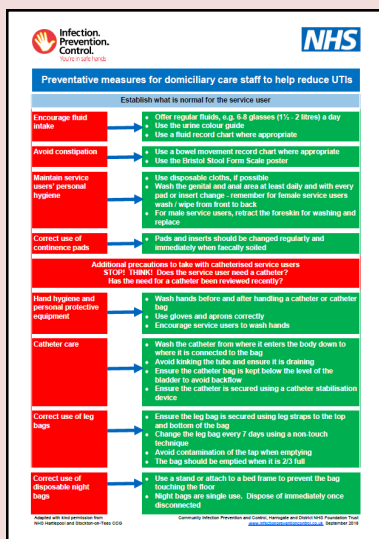
- A high temperature (fever) or low body temperature
- Chills and shivering
- A fast heartbeat
- Fast breathing

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

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Guidance on urinary tract infections (UTI) for domiciliary care staff

A helpful quick reference guide for both care staff and health professionals caring for service users in the prevention, recognition, diagnosis and treatment of a UTI.



Preventative measures for domiciliary care staff to help reduce UTIs

Establish what is normal for the service user

Encourage fluid intake

- Offer regular fluids, e.g. 6-8 glasses (1½-2 litres) a day
- Use the urine colour guide
- Use a fluid record chart where appropriate

Avoid constipation

- Use a bowel movement record chart where appropriate
- Use the Bristol Stool Form Scale poster

Maintain service user's personal hygiene

- Use disposable cloths, if possible
- Wash the genital and anal area at least daily and with every pad or insert change - remember for female service users wash from front to back
- For male service users, retract the foreskin for washing and replace

Correct use of continence pads

- Pads and inserts should be changed regularly and immediately when locally soiled

Additional precautions to take with catheterised service users (SUDS THINK): Does the service user need a catheter? Has the need for a catheter been reviewed recently?

Hand hygiene and personal protective equipment

- Wash hands before and after handling a catheter or catheter bag
- Use gloves and aprons correctly
- Encourage service users to wash hands

Catheter care

- Wash the catheter from where it enters the body down to where it is connected to the bag
- Avoid kinking the tube and ensure it is draining
- Ensure the catheter bag is kept below the level of the bladder to avoid backflow
- Ensure the catheter is secured using a catheter stabilisation device

Correct use of leg bags

- Ensure the leg bag is secured using leg straps to the top and bottom of the bag
- Change the leg bag every 7 days using a non-touch technique
- Avoid contamination of the bag when emptying
- The bag should be emptied when it is 2/3 full

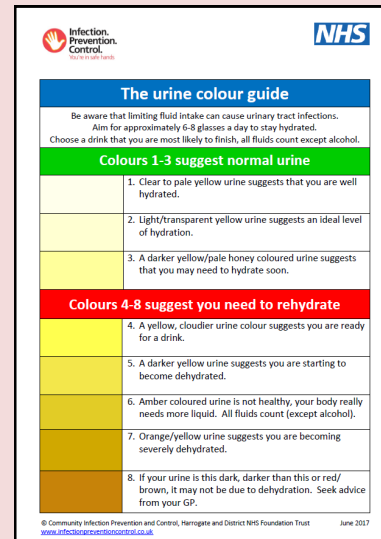
Correct use of disposable night bags

- Use a stand to attach to a bed frame to prevent the bag touching the floor
- Night bags are single use. Dispose of immediately once discharged

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Preventative measures for domiciliary care staff to help reduce UTIs

A useful guide to support care staff take simple measures to help prevent UTI's developing in service users. Preventing UTI's helps to reduce antibiotic prescribing and hospital admissions.



The urine colour guide

Be aware that limiting fluid intake can cause urinary tract infections. Aim for approximately 6-8 glasses a day to stay hydrated. Choose a drink that you are most likely to finish, all fluids count except alcohol.

Colours 1-3 suggest normal urine

- Clear to pale yellow urine suggests that you are well hydrated.
- Light/translucent yellow urine suggests an ideal level of hydration.
- A darker yellow/pale honey coloured urine suggests that you may need to hydrate soon.

Colours 4-8 suggest you need to rehydrate

- A yellow, cloudier urine colour suggests you are ready for a drink.
- A darker yellow urine suggests you are starting to become dehydrated.
- Amber coloured urine is not healthy, your body really needs more liquid. All fluids count (except alcohol).
- Orange/yellow urine suggests you are becoming severely dehydrated.
- If your urine is this dark, darker than this or red/brown, it may not be due to dehydration. Seek advice from your GP.

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www.infectionpreventioncontrol.co.uk

The urine colour guide

A resource showing suggested normal urine colours and suggested colours when service users need to rehydrate.

Available to download at www.infectionpreventioncontrol.co.uk

Did you know.... We are a commissioned NHS IPC service for North Yorkshire, and due to the skills developed within the Team, we produce our resources generically so they can be used anywhere across the country. Our aim is to reduce healthcare associated infection and hospital admissions. Our 'Preventing Infection Workbook: Guidance for staff providing Care at Home' has been given excellent feedback from the CQC Head Office, they are designed to be used by all members of staff and are recognised as part of mandatory, annual infection control training. The 'IPC Policy folder for Health and Social Care', provides colour prints of 25 Infection Prevention and Control related policies ensuring compliance with the *Health and Social Care Act 2008: Code of Practice*. The 'Urinary Catheter Passport' provides continuity of service user care and advice for care staff and service users. It provides a history of catheter changes and insertion and should be taken to all health related appointments with the resident. It helps to avoid unnecessary catheter changes and poor catheter care. Please visit our website for our full range of resources, many which are available free to download at www.infectionpreventioncontrol.co.uk.

