

IPC Bulletin for GP Practice staff

Issue No. 39 - June 2022

General Practice guide: diagnosing suspected UTI in catheterised adults OR those over 65 years

(Please refer to the 'Diagnosis of UTIs quick reference tools for Primary Care' at www.gov.uk for other patient groups)

First Think Sepsis: follow [NICE guidance](#) for management.

Check for Pyelonephritis: kidney pain/tenderness in back or under ribs, new/different myalgia, flu-like illness, nausea/vomiting, shaking chills (rigors) OR temp over 37.9° C OR 36°C or below.

Follow NICE [Pyelonephritis \(acute\): antimicrobial prescribing](#) for management.

Then check for all new signs/symptoms of UTI.

Signs and symptoms of UTI:

- New onset dysuria (pain on urination) alone

OR 2 or more from the following criteria:

- Temperature 1.5°C above normal twice in the last 12 hours
- New frequency or urgency
- New incontinence
- New or worsening delirium/debility/confusion
- New suprapubic (lower abdominal) pain
- Visible haematuria (blood in urine)

If fever and delirium/debility only consider other causes before treating for UTI.

If catheterised, also check for catheter blockage and consider catheter removal or replacement.

Do the right thing... 'ditch the dipstick' in catheterised adults and the over 65s!

Urine dipsticks are unreliable in diagnosing UTIs. 50% of over 65s and almost all catheterised adults have bacteria present in the bladder/urine without an infection.

This is 'asymptomatic bacteriuria' and **does not need treating with antibiotics.**

Using urine dipsticks in these groups can lead to harm through unnecessary antibiotic use and missed alternative diagnoses.

- ✓ Only treat based on clinical signs and symptoms.
- ✓ Send a CSU (catheter specimen of urine) or MSU (mid-stream specimen of urine), if feasible, before antibiotics are taken.
- ✓ Prescribers should refer to their local Antimicrobial guidelines for antibiotic choice and duration.
- ✓ Advise continued monitoring for signs of deterioration and escalate if necessary.

Check for other causes of delirium if relevant (PINCH ME):

P	Pain	M	other Medication
I	other Infection	E	Environment change
N	poor Nutrition		
C	Constipation		
H	poor Hydration		

Public Health England (2018, last updated October 2020 Version 3.0) Diagnosis of urinary tract infections: quick reference tool for primary care
Adapted with kind permission of Dr Shaun O'Connell, GP Lead for Acute Service Transformation, NHS Vale of York CCG, and Dr Neil Todd, Consultant Microbiologist, York and Scarborough Teaching Hospitals NHS Foundation Trust

Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust June 2022

What's new:

National infection prevention and control manual for England Version 2.00 June 2022 by NHS England and NHS Improvement.

Visit our website to find lots of IPC resources, many of which are free to download.

www.infectionpreventioncontrol.co.uk

Call us on **01423 557340**.

