

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

### Check for new signs and symptoms of a UTI

Resident complains of **dysuria (pain on urination)** alone is an indication that they have a UTI

**OR** resident complains of, or carers recognise **2 or more** of the following:

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| <ul style="list-style-type: none"> <li>◆ Temperature 1.5°C above normal twice in the last 12 hours</li> <li>◆ New urgent or frequent need to urinate</li> <li>◆ New or worsening urinary incontinence</li> <li>◆ New onset or worsening of pre-existing confusion or agitation</li> </ul> | <ul style="list-style-type: none"> <li>◆ Shaking chills (rigors) or temperature over 37.9°C or 36°C or below</li> <li>◆ New kidney pain/tenderness in back under ribs</li> <li>◆ New suprapubic (lower abdominal) pain</li> <li>◆ Frank haematuria (visible blood in urine)</li> </ul> |
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**If care staff are trained** record and document:

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| <ul style="list-style-type: none"> <li>◆ Temperature</li> <li>◆ Pulse</li> <li>◆ Respiratory rate</li> </ul> | <ul style="list-style-type: none"> <li>◆ Blood pressure</li> <li>◆ Oxygen saturations</li> </ul> |
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*This must not delay contacting the clinician for advice*

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

### 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

Encourage the resident to increase fluid intake, if able to do so safely

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:

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| <ul style="list-style-type: none"> <li>◆ Resident has collapsed or cannot be woken</li> <li>◆ Unable to feel a pulse at the wrist</li> <li>◆ Breathing very fast (more than one breath every 2 seconds)</li> </ul> | <ul style="list-style-type: none"> <li>◆ Has blue lips</li> <li>◆ Has new red or purple rash all over or mottled skin</li> <li>◆ Has not passed urine in the last 12 hours</li> <li>◆ Recent chemotherapy (within last 6 weeks)</li> </ul> |
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### 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/disorientation
- ◆ Diarrhoea
- ◆ Nausea and vomiting
- ◆ Slurred speech
- ◆ Severe muscle pain
- ◆ Severe breathlessness
- ◆ Not urinating for a day
- ◆ Cold, clammy and pale or mottled skin
- ◆ Loss of consciousness