

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

### Usual symptoms of a UTI

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

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

Encourage an increase of fluid intake, if able to do so safely

**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>◆ Person 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 older 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