

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 waiting to pass urine

- ◆ Encourage using the toilet to empty the bladder when there is the urge to go

Avoid constipation

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

Maintain service users' 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 / wipe 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 faecally soiled

Additional precautions to take with catheterised service users STOP! 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 tap when emptying
- ◆ The bag should be emptied when it is 2/3 full

Correct use of disposable night bags

- ◆ Use a stand or attach to a bed frame to prevent the bag touching the floor
- ◆ Night bags are single use.