

Preventative measures for care home staff to help reduce UTIs

Establish what is normal for the resident

Encourage fluid intake (unless fluid restricted)

- ◆ Offer regular fluids, e.g. 6-8 glasses (1½ - 2 litres) a day
- ◆ Establish drink rounds, stations and daily drink champions
- ◆ Use the urine colour guide
- ◆ Use a fluid record chart where appropriate

Avoid waiting to pass urine

- ◆ Provide regular opportunities to use the toilet to empty the bladder when there is the urge to go

Avoid constipation

- ◆ Use the Bristol stool form scale Poster
- ◆ Use a bowel movement record chart where appropriate

Maintain residents' personal hygiene

- ◆ Use disposable cloths
- ◆ Wash the genital and anal area at least daily and with every pad or insert change - remember for female residents wash/wipe from front to back
- ◆ For male residents, 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 residents **STOP! THINK! Does the resident 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 bag
- ◆ Use disposable gloves and aprons correctly
- ◆ Encourage residents 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 an anchoring device

Correct use of leg bags

- ◆ Ensure the leg bag is secured using 2 leg straps
- ◆ Change the leg bag every 7 days using a non-touch technique
- ◆ Avoid contamination of the tap when emptying
- ◆ The bag should not be emptied more often than necessary, but must be emptied when it is no more than 2/3rds full

Correct use of disposable night bags

- ◆ Wipe the leg bag drainage tap with an alcohol wipe before attaching a night bag
- ◆ Use a stand or attach to a bed frame to prevent the bag touching the floor
- ◆ Night bags are single use.