

IPC Bulletin for Domiciliary Care

Issue No. 47 - July 2025



Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

Summer has arrived - keeping hydrated can help prevent urinary tract infections (UTIs)



During the summer months there is often an increase in the number of UTIs especially if a person is prone to these infections. Dehydration can increase the risk of developing a UTI. However, keeping hydrated in the hot weather can be a challenge. Below are some suggestions aimed at encouraging service users who are prone to UTIs to increase their fluid intake.

Ways to increase hydration

The recommended fluid intake is at least 1,500 ml/6-8 mugs or glasses per day, unless medically advised to restrict fluids.



- Agree daily hydration targets with the service user and plan how this can be achieved. For example, drink a full glass of water with morning medication, a glass of cordial at mealtimes and a mug of tea mid-morning and afternoon.
- Identify service users who need assistance with fluid intake or getting to the toilet. Fear of 'getting caught short' can prevent service users from drinking.
- Encourage food high in fluid, such as jelly, ice cream, ice lolly, watermelon, smoothie or custard.
- Ensure cups/water bottles are easy to use and agree with the service user how best to make drinks available throughout the day.



We have a range of resources relating to hydration and the prevention of UTIs which are free to download:

www.infectionpreventioncontrol.co.uk/resources/preventing-dehydration-viral-gastroenteritis/

www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/

www.infectionpreventioncontrol.co.uk/resources/guidance-on-utis-for-domiciliary-care-staff/

<https://www.infectionpreventioncontrol.co.uk/resources/preventative-measures-for-domiciliary-care-staff-to-help-reduce-utis/>

The above resources can also be found on the link below together with a selection of other resources on UTIs:

www.infectionpreventioncontrol.co.uk/resources/?filter_keyword=&filter_audience%5B%5D=domiciliary-care&filter_topic%5B%5D=utis

What's new for Domiciliary Care staff

- Updated suite of 'Scabies' resources for Domiciliary Care available to download at www.infectionpreventioncontrol.co.uk/resources/?filter_keyword=&filter_audience%5B%5D=domiciliary-care&filter_topic%5B%5D=scabies
- A new set of questions is available for use with the 'Preventing Infection Workbook: Guidance for Domiciliary Care staff 3rd Edition'. We will contact Domiciliary Care organisations 12 months after they have purchased copies of the Workbook - watch out for your e-mail!!
- **IPC training** for Care Homes and Domiciliary Care: 13/10/2025: www.infectionpreventioncontrol.co.uk/events/

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

