

# Preventing Urinary Tract Infection

## IN OLDER PEOPLE LIVING IN CARE HOMES

### THE PROBLEM

- Urinary tract infection (UTI) is common in older people living in care homes but can be difficult to recognise
- Over-use of antibiotics increases resistance, making UTIs more difficult to treat
- Care home residents are two times more likely to have resistant bacteria as a cause of UTI



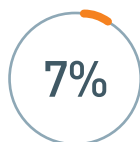
UTIs account for 50% of antibiotic prescriptions in care homes



UTIs account for one third of admissions to hospital from care homes



Half of residents are either dehydrated or under-hydrated



7% of residents have a urinary catheter

### WHAT WE DID

**We found out what can work to prevent and recognise UTI by:**



looking at published research



talking to people who work in and with care homes, residents and their families



asking experts and clinical specialists for their views

### WHAT WE FOUND



**UTI can be prevented by embedding prevention activities into care routines:**

- ensuring residents are hydrated
- ensuring residents with recurrent UTI are managed actively with preventative treatment
- avoiding use of urinary catheters wherever possible



**Unnecessary antibiotic use can be avoided by:**

- involving the whole care team, resident and family in recognising UTI
- using active monitoring when there is uncertainty about UTI
- supporting care staff to develop the skills to accurately recognise UTI
- using tools that support decision-making and communication across the wider care team



**Safe care for each resident can be achieved when:**

- care staff receive education that is contextualised to their role and helps them to prioritise and deliver person-centred care
- care home managers are committed to supporting the delivery of best practice
- commissioners and regulators promote UTI prevention and recognition as a priority area for care homes

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