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

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

50% UTIs account for 50% of antibiotic prescriptions in care homes
33% UTIs account for one third of admissions to hospital from care homes
50% Half of residents are either dehydrated or under-hydrated
7% 7% of residents have a urinary catheter

StOP UTI research team:
Jacqui Prieto
Jennie Wilson
Alison Tingle
Emily Cooper
Melanie Handley
Jo Rycroft-Malone
Lynne Williams
Jennifer Bostock
Heather Loveday

Find out more
Contact: J.A.Prieto@soton.ac.uk