

Urinary Tract Infections (UTI)

Breakout Rooms – 10 minutes

- ▶ Question: You suspect that a male resident who is over 65 has a UTI. What signs and symptoms may be present, and how would you manage this?

Types of UTI

- ▶ A urinary tract infection is an infection of any part of the urinary tract
- ▶ Can be uncomplicated
- ▶ Can be complicated
- ▶ Upper UTI - describes an infection in the ureters and kidneys

- ▶ Lower UTI - bladder and urethra
- ▶ Recurrent UTIs
- ▶ Asymptomatic bacteriuria

Diagnosing a UTI

- ▶ Consider - Onset, Severity
- ▶ Symptoms - Fever, Confusion, Pain, Nausea and Vomiting
- ▶ Past medical history- family, vaginal discharge.

Diagnosis- under 65years

- ▶ Dysuria, pain burning , discomfort, stinging
- ▶ New nocturia - getting up to pass urine once or twice a night
- ▶ Urine looks cloudy to naked eye, absence or odour or cloudiness should not be used to diagnosis alone.

Diagnosis- over 65 years

(similar symptoms for both male and female)

- ▶ Frequency
- ▶ Urgency/incontinence
- ▶ Supra-pubic pain or tenderness
- ▶ Haematuria
- ▶ Fevers
- ▶ Confusion
- ▶ Lethargy
- ▶ Nausea/vomiting

UTIs in men

- ▶ In men with symptoms suggestive of UTI, obtain and urine for culture and sensitivity
- ▶ Over 65 yrs. of age

UTI in men

- ▶ Men require urology referral if ongoing symptoms despite appropriate antibiotic treatment.
- ▶ Often other symptoms to consider

Differential diagnosis

- ▶ Pyelonephritis
- ▶ Delirium
- ▶ Urethritis
- ▶ Renal colic
- ▶ Visible haematuria
- ▶ Bacterial vaginosis
- ▶ Candida
- ▶ Herpes simplex
- ▶ Prostatitis
- ▶ Underlying pathology

Treatment

- ▶ Females 3 days course of antibiotics
- ▶ Males 7 days course of antibiotics
- ▶ Trimethoprim/nitrofurantoin (this is dependant on renal function)
- ▶ Review a males symptoms after 48 hours

References:-

- ▶ BMJ Best practice(2022) Urinary tract Infections in men. BMJ Publishing Group. Accessed Online 22/7/2024. <https://bestpractice.bmj.com/info>
- ▶ BMJ Best Practice (2023a) Acute cystitis. BMJ publishing Group. Accessed Online 22/7/2024. <https://bestpractice.bmj.com>
- ▶ Clinical Knowledge Summaries(CKS)Urinary Tract Infections. Accessed Online 22/7/2024. www.cks.nice.org.uk
- ▶ EUA(2023)Urological Infections. European Association of Urology. Accessed Online 22/7/2024. <https://uroweb.org>

Sources of further information

- ▶ NICE (2018a) Urinary tract Infections(lower) antimicrobial prescribing. National Institute for health care and excellence.
- ▶ NICE (2023) Urinary Tract Infections in adults. Quality standard (QS90) National Institute for Health and Care Excellence.
- ▶ <https://www.nice.org.uk>

Any questions?

Thank you!

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the frame, creating a modern, layered effect against the white background.