Caregiver Bulletin Urinary Tract Infections

Bacterial urinary tract infections are one of the most common types of infections.

They are easily treated when found early. A simple test can confirm or rule out a UTI.

Sometimes UTIs are mistaken for more serious conditions.

The people you care for may need you to advocate for them.



Who is at risk of getting a UTI?

Individuals with developmental or intellectual

disabilities and people over 50 are at higher risk

Someone can be at risk of these infections if they:

Have an impaired immune system (diabetes,

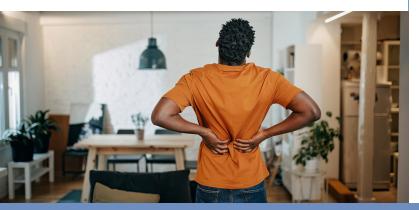
What is a UTI?

GIVER

UTIs happen when bacteria enter a person's urinary tract. They are classified as simple or complicated. Complicated UTIs might need to be treated at a hospital.

What are the risks of UTIs?

If UTIs are not treated, the infection can spread to other organs. This can cause more complications or even lead to death.



Learn More

- Centers for Disease Control and Prevention
 Sepsis Alliance
- <u>Nursing Home Abuse Center</u>

Sepsis Alliance
 Urology Care Foundation

than others.

• Use a catheter.

Use incontinence products.

Get help with personal care.

cancer treatment, etc.).

• Don't drink enough water.

• Have had a UTI in the past.

Have female anatomy.

Are sexually active.

• Put off going to the restroom.

Struggle with personal hygiene.

Washington Stat Department of Socia & Health Services Transforming lives

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Urinary Tract Infections



What are the symptoms of a UTI?

Someone might have a UTI if they have:

- Frequent and urgent need to urinate or incontinence.
- Burning sensation while urinating.
- Strong smelling urine.
- Thick or cloudy urine.
- Blood in urine (red or pink discharge).
- Pain in the lower back, lower stomach or pelvic bone area.
- Fever and chills.
- Lethargy.
- Nausea or vomiting.
- Confusion or changes in normal behaviors.
- Agitation or delirium.

Some symptoms of UTIs are similar to other more serious conditions. A simple urine test can direct doctors toward the best treatment. Many drug stores sell home test kits.

What are the treatments?

Consult with a medical professional if you suspect a UTI. A doctor can prescribe antibiotics. It is important to always finish the course of prescribed antibiotics.

What are some ways to prevent UTIs?

You can reduce chances of getting a UTI by:

- Drinking water throughout the day to stay hydrated.
- Regular visits to the restroom to prevent buildup of bacteria in the bladder.
- Handling catheters with clean technique.
- Changing incontinence products or soiled clothes promptly.
- Practicing good hygiene.
- Individuals with female anatomy should wipe "front to back".
- Avoid hygiene sprays.
- Clean genitals before and after intercourse.
- Empty bladder after intercourse, to remove bacteria.

Cranberries and probiotics are common remedies, but research does not support their effectiveness. Consult a healthcare provider for additional prevention strategies.

When should I get professional medical help?

Call or visit a healthcare provider if they have symptoms of a UTI. Go to the emergency room if they have UTI symptoms with:

- Severe pain in the lower back, lower stomach or pelvic bone area.
- Fatigue.
- Producing small amounts of urine or no urine at all.
- Trouble breathing.
- Rapid breathing.
- Confusion or change in typical behavior.
- Rapid heartbeat.