

Catheter Associated Urinary Tract Infection (CA-UTI)

Getting Ready to Learn about Catheter Associated Urinary Tract Infection (also known as a CA-UTI)

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, "It's OK to Ask" us to explain.

What I Need to Learn About catheter associated urinary tract infection (CA-UTI)

By the time I leave the hospital I will be able to tell the staff:

1. Why I have a urinary catheter
2. How to prevent a CA-UTI
3. The symptoms of a CA-UTI
4. How the CA-UTI will be treated
5. How I will take care of myself at home.
6. When I need to call for help right away and when I will call the doctor for information or follow up.

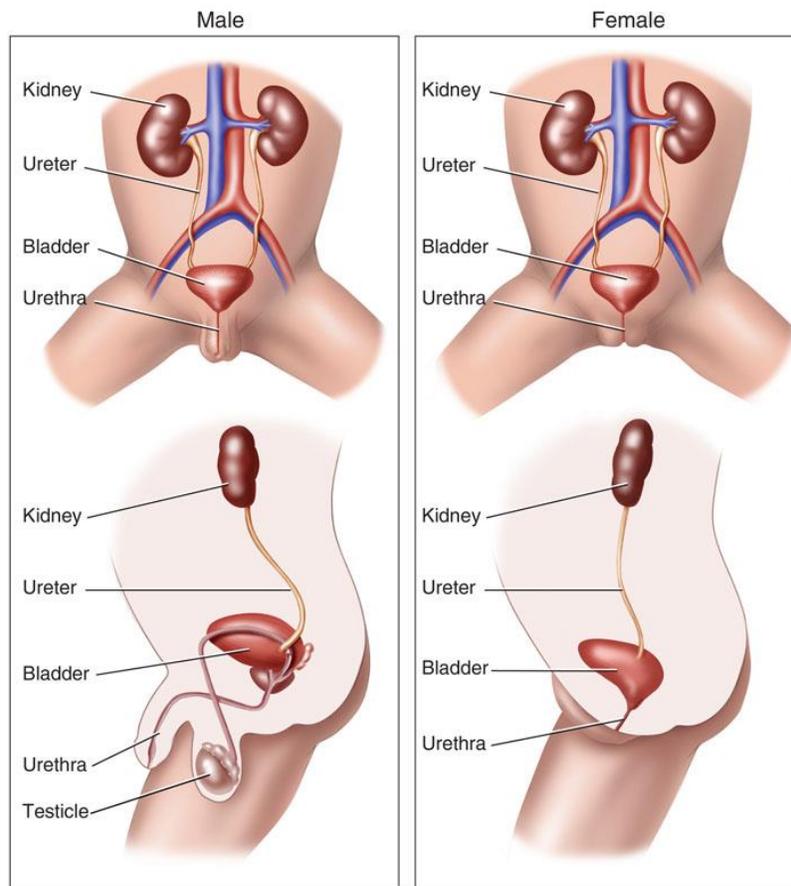
The staff will use three questions to teach me about CA-UTI:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my disease and how to take care of myself.

What is my main problem?

I have a catheter draining urine from my bladder. This puts me at risk for a urinary tract infection (also called “UTI”). A UTI is an infection in the urinary system, which includes the bladder where urine is stored. It also impacts the kidneys which filter the blood to make urine. Germs do not normally live in these areas. If germs like bacteria or yeast are present, an infection can occur. Germs can travel along my catheter and cause an infection in my bladder or my kidney. When this happens, it is called a catheter-associated urinary tract infection or CA-UTI. Sometimes these germs can enter the blood and lead to a more serious infection.

Urinary System

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What do I need to do?

I will be able to tell the staff why I have a urinary catheter.

A urinary catheter is a thin tube placed in the bladder to drain urine. Urine drains through the tube into a bag that collects the urine. A urinary catheter may be used:

- If I am not able to urinate on my own
- To measure the amount of urine that I make, for example, during intensive care
- During and after some types of surgery
- During some tests of the kidneys and bladder

I will be able to tell the staff how we will work together to prevent infection.

People with urinary catheters have a much higher chance of getting a urinary tract infection than people who don't have a catheter.

If germs enter the urinary tract, they may cause an infection. Many of the germs that cause a CA-UTI are common germs found in the intestines. Germs can enter the urinary tract when the catheter is being put in or while the catheter remains in the bladder.

We can do the following to help prevent an infection:

- Always clean our hands before and after doing catheter care.
- Always keep my urine bag below the level of my bladder.
- Never tug or pull on the tubing.
- Never twist or kink the catheter tubing.
- Avoid disconnecting the catheter and drain tube. This helps to prevent germs from getting into the catheter tube.
- Empty the bag regularly. The drainage spout should not touch anything while emptying the bag.
- Ask each day if I still need the catheter.
- I will wipe from front to back after using the rest room to urinate or have a bowel movement.

I will be able to tell the staff the symptoms of a CA-UTI.

- My urine is cloudy or reddish in color. This means pus or blood is in the urine.
- Burning or pain in the area below the stomach.
- I have pain on one side of my back under the ribs. This is where the kidneys are.
- I have fever and chills or sweating.
- I have nausea and vomiting.
- If I am older, a UTI may cause confusion.

- Burning while urinating or an increase in the number of times I urinate after the catheter is removed.

Sometimes people with catheter-associated urinary tract infections do not have these symptoms of infection.

I will be able to tell how a CA-UTI may be treated.

- Most CA-UTIs can be treated with antibiotics and removal or change of the catheter. Your doctor will determine which antibiotic is best for you.
- Other methods to drain the urine are sometimes used, such as:
 - External catheters in men (these look like condoms and are placed over the penis rather than into the penis)
 - Putting a temporary catheter in to drain the urine and removing it right away. This is called intermittent urethral catheterization.

I will be able to tell the staff how I will take care of myself at home.

- If I am going home with a catheter, my doctor or nurse will explain everything I need to know about taking care of the catheter. I will make sure I know how to care for it before I leave the hospital.
- I will keep all doctors' appointments.
- I will drink plenty of fluids every day. I will drink 6-10 eight-ounce glasses of liquids every day unless my doctor tells me to limit how much I drink.
- I can drink cranberry juice or drinks with vitamin C. These increase the acid in my urine and help prevent germs from growing.
- I will urinate frequently when I feel the need. I will not resist the urge or wait until later to urinate.
- If I am uncircumcised, I will wash under the foreskin each time I take a shower.
- I will urinate soon after sexual intercourse.
- I will call my doctor right away if I develop any of the symptoms of a UTI. I may need more treatment.
- CA-UTIs are treated with antibiotics. My doctor decides which antibiotic is right for me and how long I must take the antibiotic. I must take the antibiotic the way I am told and take it until it is gone to stop both the symptoms and the infection.

I will be able to tell the staff when I need to call for help right away and when I will call the doctor for information or follow up.

Call right away

- I will call my doctor immediately if I have:
 - Nausea and vomiting
 - Fever of 101.5⁰F or higher and chills
 - Pain in my back just below the rib cage.
 - Increased or new confusion if you are older.

Call during office hours

- I will call my doctor if:
 - I have blood or pus in my urine.
 - I have questions about my condition or my treatment.
 - I need to make another appointment.
 - I have questions about my medicine.
 - My symptoms don't improve while taking antibiotics or my symptoms come back soon after they improve.
 - My symptoms don't clear up in 1-2 days when I drink lots of fluids and urinate frequently.
 - I think I may be allergic to the medicines.

Why is this important to me?

- I need to do everything I can to prevent a CA-UTI.
- I need to know the symptoms of an infection.
- Treating a CA-UTI early is important to prevent problems such as a kidney or blood infection.
- The goal of my treatment is to get rid of the infection, get rid of the symptoms and prevent complications.

As part of my care I have received this education plan. I may also receive:

- Information about medicines I am taking.

Catheter Associated Urinary Tract Infection Education Plan

Resources for Staff

- [How to Prevent Catheter Associated Urinary Tract Infections-](#)
LexiComp
- [Catheter Associated Urinary Tract Infection-](#) Nursing Reference
Center Plus

Teaching Tools (Items given to the patient)

- Urinary Tract Infection Education Plan
- [Caring For A UTI At Home-](#) Nursing Reference Center Plus

References:

https://www.cdc.gov/hai/pdfs/uti/CA-UTI_tagged.pdf

Marschall, Jonas, et al. Strategies to Prevent Central Line- Associated Bloodstream Infections in Acute Care Hospitals 2014 Update. Infection Control & Hospital Epidemiology. 2014;35 S89-107.

Always close each teaching session with the question, “What questions do you have for me?”

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