

## Urinary Tract Infection Education Plan

### Resources for Staff

- Mosby's Nursing Consult [Urinary Tract Infection](#)
- Lexi-comp online: Patient education: search for UTI in the *Procedure/Condition* box

### Teaching Tools (Items given to the patient)

- Urinary Tract Infection Education Plan

### References:

- Mosby's Nursing Consult
- Nettina, S. M. (2009). Lower urinary tract infections In *Lippincott Manual of Nursing Practice* (9th ed). Philadelphia, PA: Lippincott-Raven Publishers. (accessed via Bronson Library page 5-17-2011.)

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

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## **Urinary Tract Infection (UTI)**

### **Getting Ready to Learn about Urinary Tract Infection (also known as a 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 urinary tract infection (UTI)**

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

1. What a Urinary Tract Infection (UTI) is
2. The symptoms of a UTI
3. The causes and risk factors for UTI
4. How I will take care of myself at home.
5. 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 UTI:**

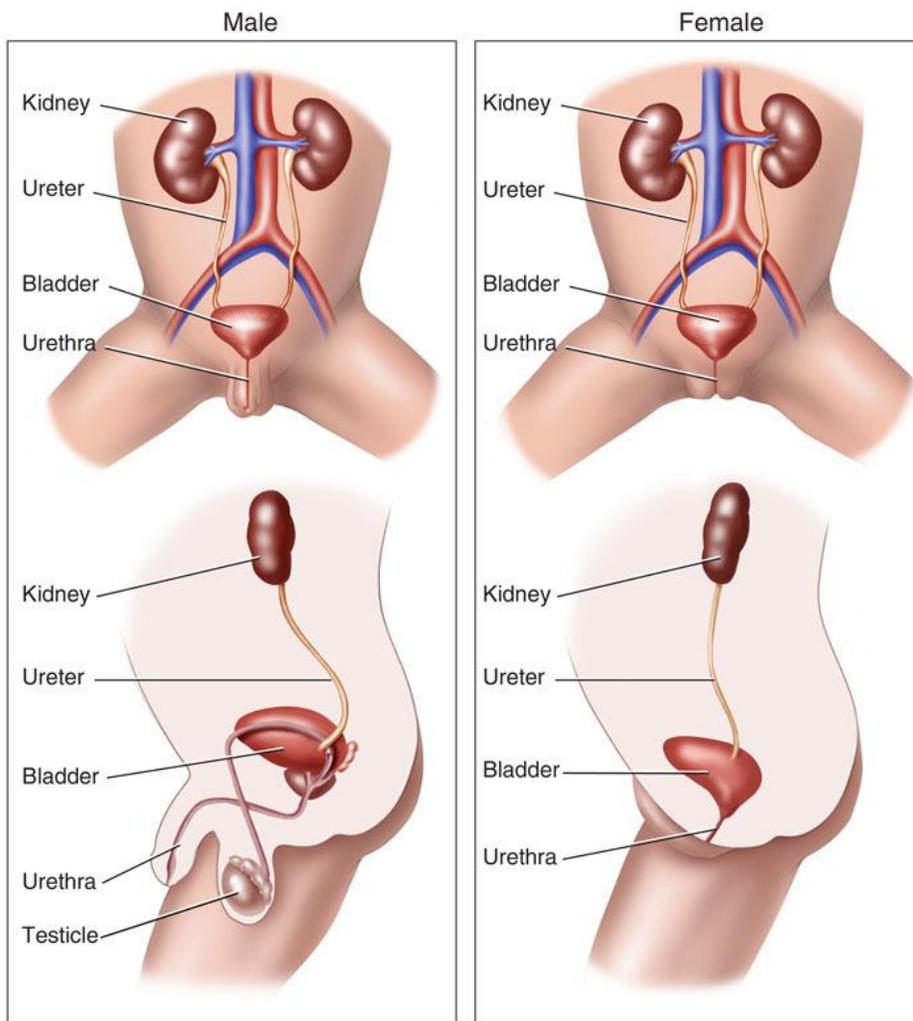
1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

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 Urinary Tract Infection (UTI.) The urinary tract is a system that carries liquid waste out of the body. This includes the kidneys, bladder and the tubes that connect to the kidneys and to the outside of the body.

## Urinary System



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Most urinary tract infections are in the bladder. They happen when germs get into the urinary tract. Germs most often come from the bowel and travel up the tube that connects the bladder to the outside of the body. If bladder infections are not treated, germs can spread to the kidney. Germs may also enter the blood and lead to a more serious infection.

### **What do I need to do?**

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

- I may feel like I have to urinate often.
- I may feel an urgent need to urinate.
- I may have pain or discomfort when urinating. It may be burning or itching.
- When I urinate, not much urine comes out.
- My urine is cloudy or reddish in color. This means pus or blood is in the urine. It may smell bad or strong.
- I may leak urine.
- My belly feels tender or heavy. There may be pressure in the low stomach area just above the bladder.
- I may have pain during sexual intercourse.
- I may have a discharge.
- 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.

I will be able to tell the staff the causes and risks for UTI

- A UTI can be caused by germs that enter the tube that takes urine to the outside of the body. These germs travel up to the bladder. The most common cause of UTIs is germs that live in the bowel.
- Sometimes tubes are inserted into the bladder to allow urine to drain. These tubes are a common source of germs in people who are hospitalized or live in long-term care facilities.
- Sometimes germs travel through the blood and cause infections.
- Kidney stones, an enlarged prostate in men, and structural problems in the urinary tract can cause UTIs. These can block the flow of urine.
- If I have diabetes, I may be more likely to get a UTI.

### Risk factors for women

- Sexual intercourse may introduce germs into the urinary tract.
- Pregnancy
- Previous UTI
- Menopause
- Use of feminine hygiene products that contain perfume or deodorant

### Risk factors for men

- Prostate problems which block urine
- Anal intercourse
- HIV infection
- Sex with women who have a vaginal infection
- Uncircumcised penis

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

- 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.
- If the antibiotics do not get rid of the infection I may need more treatment with another antibiotic or one given by IV. I may then need to be in the hospital. I must keep all doctors' appointments after discharge to be sure the infection is gone.
- If the infection gets worse or affects my kidneys I may need to be in the hospital for further treatment.
- 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.
- I will wipe from front to back after using the rest room to urinate or have a bowel movement.

- I will avoid using strong soaps, hygiene sprays or scented napkins or panties. These can be irritating.
- 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 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 my symptoms get worse or if I have:
  - Nausea and vomiting
  - Fever of 101.5<sup>0</sup>F or higher and chills
  - Pain in my back just below the rib cage. This is where the kidneys are and may mean the infection has gone to my kidneys.
  - If I become pregnant and have symptoms of an infection.

#### Call during office hours

- I will call my doctor if:
  - 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.
  - I have symptoms and have diabetes.
  - 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.

#### **Why is this important to me?**

- Treating a UTI early is important to prevent complications such as a kidney 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.