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UTI

1. Definition or Key Clinical Information: A urinary tract infection (UTI) is a common infection that occurs in the urinary system. Most commonly caused by E.Coli (60%), also can be associated with Klebsiella, Coagulase negative staphylococcus (CoNS), Group B streptococcus (GBS).

2. Assessment

I. Risk Factors: Previous UTI's, weakened urinary tract system, pregnancy, poor hygiene, chronic dehydration, poor nutrition, history of diabetes, increased gestational age, low socioeconomic status, increased sexual activity, multiple sexual partners.

II. Subjective Symptoms:

1. Roughly 3 million cases per year. UTI's are most common for those that have a vulva. Pregnancy increases the chances of getting a UTI. (Mayo Clinic)

III. Objective Signs:

1. Strong, persistent urge to urinate.
2. Burning sensation while urinating.
3. Passing small amounts of urine frequently.
4. Urine that appears cloudy or has concentrated pigmentation.
5. Blood in the urine.
6. Flank Pain or tenderness.

(Mayo Clinic)

IV. Clinical Test Considerations:

1. Urine culture.
2. Urinalysis.

3. Management plan

I. Therapeutic measures to consider:

1. Antibiotics such as Nitrofurantoin (Macrobid), Cephalexin, Ampicillin or Fosfomycin.
*Nitrofurantoin (Macrobid) should be avoided during the 1st trimester. (Matuszkiewicz-Rowińska 2015)

II. Complementary measures to consider:

1. Increase hydration.

2. Wear cotton, wicking underwear.

III. Considerations for pregnancy:

1. **Avoid:** *Nitrofurantoin (Macrobid) should be avoided during the 1st trimester. (Matuszkiewicz-Rowińska, 2015)
2. Rule out: Kidney infection, and chronic UTI.
3. Gather a urine culture each visit.

IV. Client and family education:

1. Handout on UTI
2. <https://reverehealth.com/live-better/utis-fact-fiction/>
3. <https://www.mayoclinic.org/diseases-conditions/kidney-infection/symptoms-causes/syc-20353387>

V. Follow-up:

1. If referred for antibiotics follow up after appointment.

4. **Indications for consult, collaboration or referral:** If suspected UTI, or confirmed refer out to local PCP for antibiotics.

5. References:

Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc-20353447>

Delzell, J & Lefevre, M (2000). American Family Physician. 61(3):713-720.

<https://www.aafp.org/pubs/afp/issues/2000/0201/p713.html>

Matuszkiewicz-Rowińska J, Małyszko J, Wieliczko M. Urinary tract infections in pregnancy: old and new unresolved diagnostic and therapeutic problems. Arch Med Sci. 2015 Mar 16;11(1):67-77. doi: 10.5114/aoms.2013.39202. Epub 2015 Mar 14. PMID: 25861291; PMCID: PMC4379362.

MCU Practice Guideline Template

V. Winter 2019