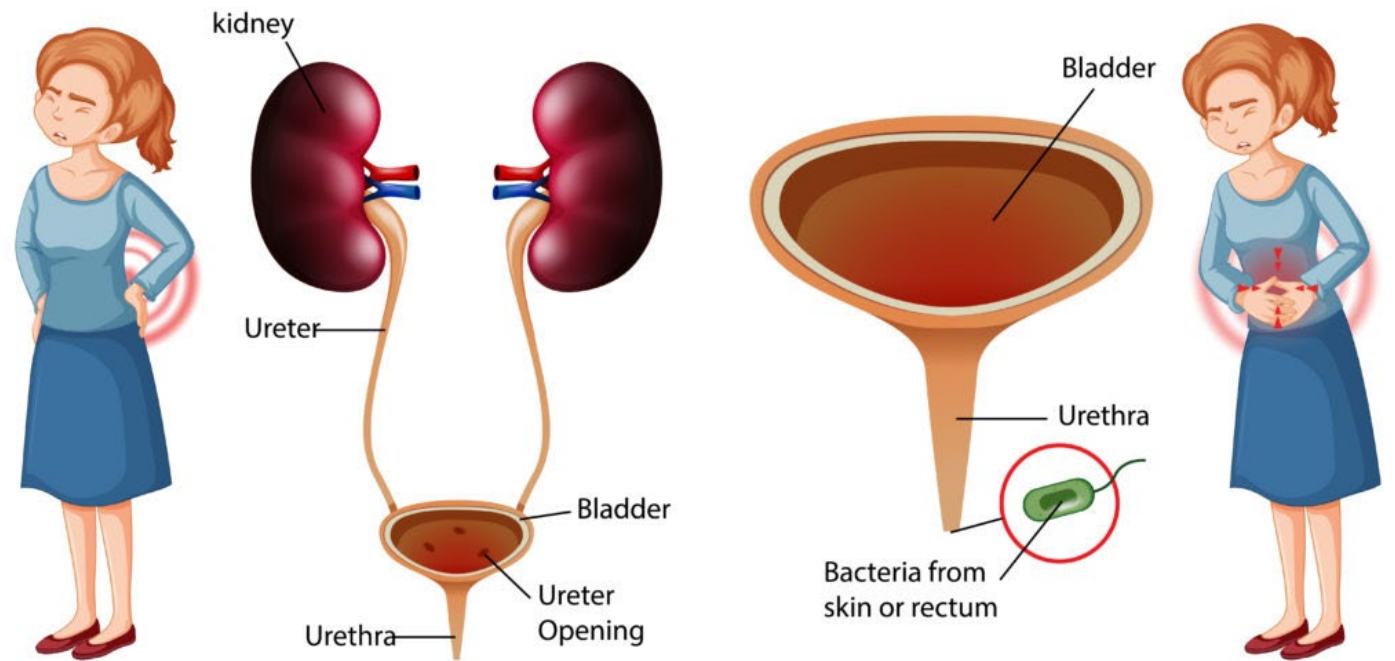


Urinary Tract Infection (UTI) Prevention

What causes a UTI?

A UTI starts as bacteria that gets into the urethra and goes up into the bladder.

Urinary tract infections



UTIs in the elderly

Be aware!

The elderly population get more frequent UTIs.

Women are also more likely than men of getting a UTI.



UTIs in Diabetics

UTIs and Diabetes



People with diabetes are more vulnerable to UTIs for several reasons



First, their immune systems tend to be weaker



Second, high blood sugar can spill into the urine and encourage the growth of bacteria



Also, nerve damage related to diabetes can prevent the bladder from fully emptying



People with diabetes should talk with their doctor at the first sign of a UTI

How to help prevent UTIs

- Offer client water to drink (often)
 - Water helps to flush the urinary system
 - Avoid sugary drinks
- Give your client time to void (empty their bladder)
 - Don't rush your client when urinating.
 - It is common for a urine stream to stop then start again.

How to help prevent UTIs

- Change depends, pull-ups or incontinent pads when wet
 - **Any** amount of wetness on an incontinent product is too much.
 - Wet incontinent products against the skin can introduce bacteria/infection
- Don't "double pad" or "double brief"
 - Using double layers just keeps wetness on the peri-area longer causing skin breakdown and the introduction of bacteria.
- Change underwear daily

How to help prevent UTIs

- Prevent “holding” the bladder
 - Toilet often – frequent toileting helps in UTI prevention
 - Toilet every 2 hours for clients with memory or incontinent issues
- Wipe front to back for women – NEVER wash a female client’s buttocks then their vaginal/urinary area
- Clean under the foreskin for men who are uncircumcised

How to help prevent UTIs

- Keep hands clean
- Use good handwashing after toileting
- **The best UTI prevention is keeping the peri/urinary area clean and dry to reduce the introduction of bacteria!**