

UTI in Older Adults (>65)

DON'T BE A DIPSTICK!

SYMPTOM FREE PEE....LET IT BE!

1

ASYMPTOMATIC BACTERIURIA

Up to 50% of older adults and up to 100% of catheterised individuals have bacteria living in their bladder causing no harm – this is known as “asymptomatic bacteriuria”

2

URINALYSIS

When bacteria break down they produce Nitrites. The presence of bacteria promotes an increase in white cells (leucocytes) – therefore urinalysis is **not** indicated in the diagnosis of UTI in older adults. The use of urinalysis could result in misdiagnosis and the use of unnecessary antibiotics.

3

PERSON CENTRED ASSESSMENT

Diagnosis should be made on presenting signs and symptoms making this a more person centred assessment. Use the Scottish Antimicrobial

Prescribing Group UTI decision aid to guide diagnosis and ultimately appropriate antibiotic therapy. This can be found on the NHS Tayside Antimicrobial Website. The algorithm is aligned to SIGN 160.



4

UTI SIGNS & SYMPTOMS

Two or more of the following? If yes, send urine culture

- dysuria (pain on urination)
- frank haematuria (visible blood in urine)
- urgent need to urinate
- new onset or worsening of pre-existing delirium (confusion) or agitation
- frequent need to urinate
- functional deterioration and/or changes to performance of activities of daily living
- new or worsening urinary incontinence
- shaking chills (rigors)
- pain in flank (side of body) or suprapubic (above pubic bone)

5

SYMPTOMS NOT INDICATIVE OF UTI

Symptoms alone not indicative of UTI:

- Change in urine colour
- Dizziness
- Change in urine odour
- Falls

6

ANTIMICROBIAL RISKS

Antibiotics are wonderful medicines, however, each time we use them we give bacteria the opportunity to develop resistance. Patients who are treated with a single course of antibiotics for UTI are 2.5 times more likely to develop a resistant organism. This has the potential to complicate treatment if they have future infection episodes. Side effects, such as GI upset are also common in older people. Older adults are also at greater risk of developing *Clostridioides difficile* infection which is often associated with antibiotic use.