SAFETYNET LEARNING TOOLS

Topic: Urinary Tract Infection

Use the materials in this document to help others learn more about urinary tract infection.

LEARNING TOOLS:
1. How to Say it Guide
2. Recognizing Signs and Symptoms of a Urinary Tract Infection–Fact Sheet
3. Recognizing Signs and Symptoms of a Urinary Tract Infection–Checklist
5. Doctor’s Visit Checklist/Questions to Ask–Checklist
6. Knowing What to Look for: Urinary Tract Infections–PowerPoint
   (Not included in packet; see DDS SafetyNet)

GENERAL INFORMATION

SafetyNet Learning Tools are designed to assist in providing information on a specific topic and to be used in a variety of learning environments. These Learning Tools can be used during one on one conversations with an individual or with small and larger groups.

Before beginning a learning session, the presenter should review all SafetyNet Learning Tools on the topic. The trainer can find additional material within the links provided on SafetyNet Article and Newsletter.

BEFORE THE TRAINING

The presenter should

- Arrange of adequate time and comfortable space for the training and discussion.
- Arrange for any equipment needed, such as a laptop and projector.
- Set up necessary equipment.
- Print or photocopy enough materials for each individual to have their own copy.

TRAINING

The presenter

- Shows slide show
- Leads discussion of content and encourages open communication.
- Reviews and discusses information on each of the handouts.
- Asks questions to check for understanding.
- Follows up with additional review and discussion as needed.
- It is recommended that training be provided in multiple sessions to assure adequate coverage and understanding of the topic.
Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)

What you need to know about a UTI

- A UTI is a bacterial infection in the urinary tract. Women are at the highest risk for a UTI. For men and women the risk of a UTI is highest after age 50. Medical conditions such as diabetes or kidney problems put people at higher risk. Individuals who do not walk, do not complete personal care/toileting independently, have bowel incontinence or constipation, or use a urinary catheter (a tube to drain the bladder) are at higher risk for a UTI. People you support who take antipsychotic medication or have seizure activity may also be at increased risk. Frequent or recent sexual activity is an important risk factor for young women.

- Call the doctor and make an appointment for any of these signs or symptoms of a UTI:
  - A burning feeling when going to the bathroom
  - Feeling like you have to pee, even when you just finished urinating
  - Sleeping a lot, very tired, no energy
  - Cloudy, dark, bloody, or foul-smelling urine (pee)
  - Pain in the lower stomach or genital area
  - Pain in the back or side below the ribs
  - Fever or chills
  - Nausea and vomiting

- Follow the doctor’s instructions for treatment of a UTI. Make sure the person you support:
  - Takes antibiotics as directed
  - Gets plenty of rest
  - Drinks lots of water and other fluids (eight or more 8 ounce glasses a day)
  - Urinates often

- You can help prevent a UTI. Make sure that the person you support and others who support him or her know what to do:
  - Drink plenty of water and other fluids (eight or more 8 ounce glasses a day)
  - Go to the bathroom frequently
  - After a bowel movement, wipe the anal area from front to the back with toilet paper until clean

- Extra steps for women to take to prevent a UTI:
  - After urinating, wipe the urethral area with toilet paper to dry
  - Change sanitary pads or tampons often
  - Urinate before and after sexual activity
  - Take showers or plain baths and avoid bubble baths or other feminine products that have deodorants or perfumes
  - Keep genital area clean and dry
  - Wear underwear with a cotton crotch

- The earlier the UTI is diagnosed and treated, the faster the person will get better.
Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)

Use this checklist to help identify signs and symptoms of a Urinary Tract Infection (UTI) or other illnesses.

- If the person you support has one or more of these signs and symptoms, call the doctor for advice and a medical appointment. Share information you gathered using this checklist with the doctor. Write down what you see and hear.

- Share information about signs and symptoms with the people you support. You can use the narrated slide show on the Safety.Net website (www.ddssafety.net) titled Consumer Tool – Knowing What to Look for: Urinary Tract Infections.

- Be particularly watchful of people you support who are most likely to get a UTI. Women are at the highest risk for a UTI. For men and women the risk of a UTI is highest after age 50. Medical conditions such as diabetes or kidney problems put people at higher risk. Individuals who do not walk, use a wheelchair, do not complete personal care/toileting independently, have bowel incontinence or constipation, or use a urinary catheter (a tube to drain the bladder) are at higher risk for a UTI. People you support who take antipsychotic medication or have seizure activity may also be at increased risk. Frequent or recent sexual activity is a risk factor for young women.

- ALERT! Once a person has had a UTI, they are at increased risk of having a second UTI.

What are the signs and symptoms of a UTI?

- A burning feeling when going to the bathroom (urinating)
- Feeling like you have to pee even when you just finished urinating
- Sleeping a lot, very tired, no energy
- Pain in the lower stomach or genital area
- Cloudy, dark, bloody, or foul-smelling urine (pee)
- Pain in the back or side below the ribs
- Fever or chills
- Nausea and vomiting
Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)

To help decide if you need to call the doctor, please read about these signs and symptoms and then use the Checklist Summary Sheet on the last page to record your answers. This is the checklist that you should use when talking to the doctor.

Does this person have a burning feeling when going to the bathroom (urinating)?

- This is one of the most common symptoms of a UTI. The person may tell you that it is painful to pee. Are they feeling a burning sensation in the urethral area (where you they pee)? When did the burning feeling start? How bad is it? Not too bad? Really bad?
- You may notice a change in behavior. The person may scratch or rub their lower stomach or genital area. The person may be fidgety and anxious.
- Having a burning sensation when peeing can be very frightening and cause a person to be aggressive or show their pain and frustration in any number of ways.
- Knowing the individual, their daily routines, and how they communicate is critical to recognizing signs and symptoms of a UTI.

Does the person feel like they have to pee even when they just finished urinating?

- Does the person feel the need to pee more often than usual? If you notice that the person is going to the bathroom more frequently than usual, ask them why. Do they feel discomfort or pain? Are they sometimes not able to pee? When did the feeling start?
- The person may be able to tell you, and, if not, look for changes in their daily routine or behavior that indicate they are having a frequent need to pee.

Does the person have pain in the lower stomach or genital area?

- If the person tells you they have pain in the lower stomach or genital area, ask when the pain started. Can they describe the pain? How bad is it? Not too bad? Really bad? Is it a sharp pain or a dull ache?
- If the person is unable to tell you, look for a change in behavior. The person may hold or rub their lower stomach area or genital area or may rock back and forth with their hands on their stomach.
- While pain in the lower stomach or genital is one of the most common symptoms, a man may have pain in the anal area.
- Know the individual, their daily routines, and how they communicate that they are having pain or not feeling well.
### Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)

<table>
<thead>
<tr>
<th>Does the person sleep a lot, seem very tired, or less active than usual with no energy?</th>
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</thead>
<tbody>
<tr>
<td>- Tiredness and the need to sleep a lot, especially during the day, are general, non-specific signs of illness. However, these symptoms can be a sign, in fact the only sign, of a UTI. In a review of regional center special incident reports of hospitalization for internal infections, one in three individuals hospitalized were diagnosed with a UTI. Many times the doctor was called or the person was taken to the emergency room because supporters observed that the individual was unusually tired, did not participate in regular daily activities, and wanted to sleep during the day.</td>
</tr>
<tr>
<td>- For some individuals unusual tiredness is the only sign that the person is ill.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Does the person have cloudy, dark, bloody, or foul smelling pee (urine)?</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Have you or the individual you support noticed any change in the color or smell of their pee? Normal pee is clear and pale yellow. The color and smell of pee can be affected by what you eat, for example, asparagus can give pee a bad smell or eating lots of beets can make pee red. But these are temporary changes that have an explanation.</td>
</tr>
<tr>
<td>- When there is no obvious reason for a change in the color and smell of a person’s pee, it is a warning sign that something is wrong.</td>
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<tr>
<td>- A urine test is the most common diagnostic test for a UTI. The doctor will ask for a urine sample and have it tested to determine if bacteria (germs) that cause infection are in the urine.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Does the person have a fever or chills?</th>
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</thead>
<tbody>
<tr>
<td>- Ask the individual if they feel hot or are having chills. Do they have a fever? How long has the person had a fever? What is their temperature? Do they have chills? Are they shivering and shaking?</td>
</tr>
<tr>
<td>- The person may have a UTI and not have a fever. A fever may be a sign that the infection is worsening and that the kidneys are infected.</td>
</tr>
<tr>
<td>- If the person has any other signs or symptoms, take their temperature to be sure. A fever of 101 degrees or higher must be reported as soon as possible to the person’s doctor for advice and a medical appointment.</td>
</tr>
</tbody>
</table>
Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)

Does the person have pain in the lower back or side below the ribs?
- The person may tell you that they have pain in their lower back or side. When did the pain start? How bad is it? Not too bad? Really bad? Is it a sharp pain or a dull ache? Is the area sensitive to the touch?
- You may notice a change in behavior. The person may hold or rub their back. Knowing the individual’s typical behavior and how they communicate is critical to recognition of signs and symptoms of a UTI.
- Pain in the lower back or side may be a sign that the person has a kidney infection. While an infection of the lower urinary tract, the urethra or bladder, is usually quickly treated with antibiotics, a kidney infection is more serious and if not properly diagnosed and treated can lead to permanent kidney damage.

Does the person have nausea or are they vomiting?
- Ask the person if they are feeling sick to their stomach. Find out how long they have felt this way. You may see the person throwing up. Is this the first time or have they been sick for a longer period of time?
- This may be a sign that the person has a kidney infection.

If the doctor diagnoses a UTI, follow the doctor’s instructions for treatment. Make sure the person you support

- takes antibiotics as directed
- gets plenty of rest
- drinks lots of water and other fluids (eight or more 8 ounce glasses a day)
- urinates often

The earlier a UTI is diagnosed and treated, the faster the person will get better.
Checklist Summary Sheet - Recognizing Signs and Symptoms of a Possible UTI

Print and use this checklist to record information about signs and symptoms of a possible Urinary Tract Infection (UTI) or other illnesses.

Name of Person You Support: _________________________________

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Additional Observation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does this person have a burning feeling when going to the bathroom (urinating)?</td>
<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
<tr>
<td>Does the person feel like they have to pee even when they just finished urinating?</td>
<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
<tr>
<td>Does the person have pain in the lower stomach or genital area?</td>
<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
<tr>
<td>Does the person sleep a lot, seem very tired, and have no energy?</td>
<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
<tr>
<td>Does the person have cloudy, dark, bloody, or foul smelling urine (pee)?</td>
<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
<tr>
<td>Does the person have a fever or chills?</td>
<td>□</td>
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<td>□</td>
<td>□</td>
<td>What do you see or hear?</td>
</tr>
</tbody>
</table>

If the person has one or more of these symptoms, call the doctor for advice and to schedule an appointment. Take this checklist with you and share it with the doctor.
Supporters Guide to Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)
Some Facts About a UTI

- A UTI is an infection that happens when germs (bacteria) get into the urinary tract.
- Women get more UTIs than men.
- Men and women get more UTIs after age 50.
More Facts about a UTI

People have a higher chance of getting a UTI if they

- Have diabetes or kidney problems
- Cannot go to the bathroom without support
- Have bowel or bladder problems
More Facts about a UTI

People have a higher chance of getting a UTI if they

- Take medication for mental health problems
- Have seizure activity
- Are younger women who have had recent sexual activity
Call the Doctor and Make an Appointment

If the person you support has any of the following signs or symptoms of a UTI
Call the Doctor if the Person

- Has a burning feeling when going to the bathroom
Call the Doctor if the Person

● Feels like they have to pee, even when finished urinating
Call the Doctor if the Person

- Is sleeping a lot, is very tired, and has no energy
Call the Doctor if the Person

- Has cloudy, dark, bloody, or foul-smelling urine (pee)
Call the Doctor if the Person

- Has a pain in the lower stomach or genital area
Call the Doctor if the Person

- Has pain in the back or side below the ribs
Call the Doctor if the Person

- Has a fever or chills
Call the Doctor if the Person

• Is throwing up
If the Doctor Says the Person Has a UTI

- Support the person to follow the doctor’s orders.
Make Sure the Person You Support

- Takes antibiotics as directed
Make Sure the Person You Support

- Gets plenty of rest
Make Sure the Person You Support

- Drinks lots of water and other fluids (eight or more 8 ounce glasses a day)
Make Sure the Person You Support

- Pees (urinates) often
Remember

- The earlier a UTI is recognized, the faster the person will get better.
For More Information

Fact Sheets and Checklists on Recognizing Signs and Symptoms and Preventing a UTI Can Be Found on the Safety.Net

www.ddssafety.net
Review this checklist before a doctor’s visit and take it with you.
Use the other side to write down notes if needed.

Step 1: Before the doctor’s visit:
- Make sure you have the following:
  - A copy of the list of current medications
  - A medical insurance card
  - A copy of the person’s medical history including a list of allergies.
- Talk to the individual about the visit and questions for the doctor.
- If the individual feels sick, what are the signs and symptoms?

Step 2: During the doctor’s visit:
- Ask the doctor to explain the diagnosis and what caused the illness.
- Find out what will help the individual get better.
- Make sure all questions that you and the individual have are answered.
- Questions to ask the doctor and/or pharmacist about each prescribed medication:
  - What are potential side effects of the medication?
  - How much of each medication should be taken and how often?
  - Should the medication be taken with food or drink?
  - What are foods or activities to avoid while taking the medication?
  - Is it OK to take the medication with other medications the person is taking?
- Questions to ask about tests ordered by the doctor:
  - What is the test and why is it needed?
  - Is there anything the person needs to do to prepare for the test?
  - When will we know the results?
- A question to ask when the doctor makes a referral to someone else:
  - How do I make the appointment?
- Questions to ask about follow-up:
  - Are there more things to do that will help the person feel better?
  - How soon should the person feel better?
  - What should I do if they don’t feel better?
  - Are there warning signs I should I look for? What do I do if I see them?

Step 3: After the doctor’s visit
- Get tests ordered by the doctor done.
- Pick up prescription medications.
- Follow-up and make appointments as requested by the doctor.
- Monitor how the person feels.
- Call the doctor back if the person does not get better or if their symptoms worsen.
Knowing What to Look for:
Urinary Tract Infections
What Is a Urinary Tract Infection (UTI)?

- A urinary tract infection makes you sick.
- You have a UTI when bad germs get inside of you.
- These germs make it hard to pee and you may feel pain.
Tell the person who helps you if

- It burns when you go to the bathroom
Tell the person who helps you if

- It feels like you have to pee again after you pee
Tell the person who helps you if

- You are really sleepy and tired all the time
Tell the person who helps you if

- Your pee is dark and smelly
Tell the person who helps you if

- You have a pain below your belly button
Tell the person who helps you if

• You have a pain in your lower back
Tell the person who helps you if

• You are really hot or cold
Tell the person who helps you if

- You are throwing up
If you feel any of these things

• GO SEE YOUR DOCTOR

• Your doctor will tell you what to do to feel better
Thank you

• To Veronica Sullivan for her pictures and her voice

• Veronica uses services and supports from North Bay Regional Center, Napa Personnel Systems, and the Department of Rehabilitation