

<p><b>1. Disease Process &amp; Brief Pathophysiology</b></p> <p>A urinary tract infection (UTI) is a common bacterial infection in any part of the urinary system. Occurs in either uncomplicated host or complicated host. An uncomplicated host setting is where there is no underlying structural or functional abnormality of the patient's GU tract. A complicated host setting has common predisposing factors such as the presence of a urinary catheter. Develops when virulent uropathogenic strains of Escherichia coli is introduced into the urethra, and they ascend to the bladder. If left untreated, infection can spread to kidneys or worse, cause urosepsis.</p>	<p><b>3. Factors for the Development of the Disease/Acute Illness</b></p> <ul style="list-style-type: none"> <li>▪ Female anatomy <b>(P)</b></li> <li>▪ Menopause</li> <li>▪ Urinary tract abnormalities</li> <li>▪ Suppressed immune system</li> <li>▪ Blockages to urinary tract</li> <li>Sexual activity</li> <li>▪ Poor personal hygiene <b>(P)</b></li> <li>▪ Certain types of birth control</li> <li>▪ Catheter use</li> </ul>	<p><b>5. Signs and Symptoms</b></p> <ul style="list-style-type: none"> <li>▪ Strong persistent urge to urinate</li> <li>▪ Burning sensation when urinating</li> <li>▪ Passing frequent and small amounts of urine Cloudy urine</li> <li>▪ Hematuria</li> <li>▪ Strong smelling urine <b>(P)</b></li> <li>▪ Pelvic pain</li> <li>▪ Confusion in older adults <b>(P)</b></li> <li>▪ Fever</li> </ul>
<p><b>2. Diagnostic Tests pertinent or confirming of diagnosis</b></p> <ul style="list-style-type: none"> <li>→ Computed tomography</li> <li>→ Ultrasound and kidney scans.</li> </ul>	<p><b>4. Lab Values that may be affected</b></p> <ul style="list-style-type: none"> <li>→ UA:             <ul style="list-style-type: none"> <li>⇒ Not done, HCP put in the wrong order</li> </ul> </li> <li>→ Urine culture <b>(P)</b></li> </ul>	<p><b>6. Current Treatment-</b></p> <ul style="list-style-type: none"> <li>→ Antibiotic therapy <b>(P)</b></li> </ul>

<p><b>7. Focused Nursing Diagnosis:</b></p> <p>Impaired urinary elimination</p>	<p><b>11. Nursing Interventions related to the Nursing Diagnosis in #7:</b></p> <p>1.) Instruct the female client to wipe from front to back.</p> <p><i>Evidence based practice: "This technique helps prevent bacteria in the anal region from spreading to the vagina and, ultimately, the urethra. Proper perineal care helps in minimizing the risk of contamination and reinfection"</i></p>	<p><b>12. Patient Teaching:</b></p> <p>1. instruct patient to wash the perineal area from</p> <p>2. Increase and fluid intake is the number one intervention that could stop UTI from recurring.</p> <p>3. Strictly adhere to the antibiotic regimen prescribed by the physician. stomach upset</p>
<p><b>8. Related to (r/t):</b></p> <p>Frequent urination</p>	<p>2.) Encourage drinking cranberry juice.</p> <p><i>Evidence based practice: "Daily intake of cranberry juice (about 8 to 10 oz) helps prevent and control symptoms of UTI."</i></p>	<p><b>13. Discharge Planning/Community Resources:</b></p>
<p><b>9. As evidenced by (aeb):</b></p> <p>The patient needing a change of brief every 2 hours.</p>	<p>3.) Limit the use of indwelling bladder catheters to manage incontinence.</p> <p><i>Evidence based practice: "Catheter use dramatically increases the risk for UTI. The risk for catheter-associated urinary tract infection (CAUTI) increases each day a urinary catheter is placed."</i></p>	

**10. Desired patient outcome:**

Patient will achieve normal urinary elimination pattern, as evidenced by absence sign of urinary disorders by the time of discharge.

1. Refer to case management to set up home health visits
2. Make follow up appointment with PCP
3. Contact patient's pharmacy to ensure they receive their full course of antibiotics

Hisano, M., Bruschini, H., Nicodemo, A. C., & Srougi, M. (2012). *Cranberries and Lower Urinary Tract Infection Prevention*. Clinics (Sao Paulo, Brazil). Retrieved November 3, 2021, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3370320/>.

Kush, Monica, Nivedita, Sarith, & Hamalwa, E. (2021, October 14). *6 urinary tract infection nursing care plans*. Nurseslabs. Retrieved November 3, 2021, from <https://nurseslabs.com/urinary-tract-infection-nursing-care-plans/>.