Urinary Tract Infection: Literature Review

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A urinary tract infection (UTI) is a highly prevalent type of infection (Lawati et al., 2023). Ensuring precise identification and treatment of urinary tract infections (UTIs) based on reliable evidence will result in improved clinical care for numerous patients and reduce the inappropriate utilization of antibiotics. UTI treatment and diagnosis are more complex for the elderly due to various risk factors, including advancing age, diabetes, reduced immune systems, and catheterization (Akhtar et al., 2021). UTI is more prevalent in women than in males across all age groups. Since UTIs are so common and can lead to adverse consequences, it is essential to catch them early and educate the population on urinary tract infections. This literature study explores how common UTIs are among older adults, how complicated their drug schedules are, and what factors are linked to how well their treatment works for older people.

A Cross-Sectional Assessment of Urinary Tract Infections Among Geriatric Patients: Prevalence, Medication Regimen Complexity, and Factors Associated With Treatment Outcomes

This article encompasses the study of older individuals concerning UTIs (Akhtar et al., 2021). The purpose of this article is to observe the occurrence of a UTI and the recovery and treatment in older individuals. In older individuals, a UTI is one of the most common infections among the group. Older individuals are more susceptible to a UTI. On top of that, older people have more challenges when treating and diagnosing urinary tract infections than younger people.

Key Points

Key points mentioned in the article include the research population's treatment outcomes for UTIs are directly impacted by three factors: gender, the magnitude of the use of multiple medications, and the existence of concurrent medical conditions (Akhtar et al., 2021). The article states that there is an increase in older adults every year as well as an increase in hospital visits for UTIs. In older adults, UTIs are difficult. UTIs are complicated to diagnose because most individuals are symptomatic, they are widespread because of all of the risk factors associated with a UTI, and they can be challenging to treat because of other health conditions or complications.

The research method used in this study was a "retrospective cross-sectional study" (Akhtar et al., 2021, para.11). In five months, they collected information from the urology department of a hospital in Malaysia (Akhtar et al., 2021). They reviewed medical records of adults aged 65 or older from January 2014 to December 2018. Included patients had complete medical and clinical information and confirmed UTI episodes. Those under 65, with incomplete records, or without UTI information were excluded. The ethical committee in Malaysia approved this study. They collected socio-demographic and therapeutic data from the urology department's records. They used the characteristics of gender, marital status, race, social history, home environment, medications, and existing conditions. Also, they gathered information about the participants' prescribed medications to assess medication complexity using the medication regimen complexity index. Of the 460 participants, 279 were women and 181 were men. The largest age group comprised 342 individuals aged 65-75, while 118 were above 75. The majority of participants were married (256), of Chinese ethnicity (271), did not smoke (312), and did not drink (318).

The prevalent UTIs found in the elderly population include cystitis. Co-morbidities with UTIs include diabetes, hypertension, heart disease, and kidney disease. The medications commonly used to treat urinary tract infections are Unasyn, Bactrim, and ciprofloxacin. The study includes patients prescribed 1 to 20 medications, an average of 5 medicines per patient. The study's findings indicate that treatment outcomes exhibit statistically significant associations with gender, medication, and concurrent health conditions. When these variables were collectively examined, all except age demonstrated significant correlations, and there was a p-value for each of the categories. The study found a high incidence of urinary tract infections (UTIs) among the elderly, with gender, multiple medications, and other health conditions identified as potential risk factors. Simplifying medication regimens and reducing polypharmacy could improve UTI treatment outcomes for older adults.

Assumptions

The authors behind this study believed in the presumptions behind UTIs in older adults (Akhtar et al., 2021). The author assessed and hypothesized the reason behind the occurrence of UTIs in older adults. Many characteristics and associated factors were predicted and proven in this study of UTIs. This literature study examines the prevalence of UTIs among older adults, the complexity of their medication regimens, and the factors influencing treatment efficacy in the elderly.

Deficit/Conclusion

The author's line of reasoning is acceptable. The author is aware of this study's limitations. A detailed section of this study explains the limitations and supports the author's line of reasoning. This study and article are essential in geriatric practice and care because they can help healthcare workers be aware of the associated factors of UTIs if they are not already aware.

However, only some things are implicated in this article. This research study should address several scenarios, delve further into physical examinations, gather data on antibiotic-related incidents, and evaluate physicians' adherence to medical records (Akhtar et al., 2021).

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Key Points

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Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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Key Points

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Assumptions

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Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles. Discuss how the information can improve:

- Patient outcomes
- Nursing practice

- Evidence-based practice/Quality Improvement efforts

- Healthcare as a whole

References

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    other lines are, this is called hanging indentation. All references are double spaced. All

sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.