

# UTI WORKSHEET

## **1. Define the difference between upper and lower urinary tract infections.**

An upper UTI is an infection that is in the ureters or kidneys of the urinary system. These occur when a lower UTI has been present and untreated and bacteria begins to move upwards in the system.

A lower UTI is an infection that is present in the urethra or the bladder of the urinary system. This is the most common type of UTI. It often occurs from introduction of *E. coli* from the bowel or environment into the urethra or after sexual activity.

## **2. Describes symptoms associated with UTI & urosepsis.**

Symptoms associated with a UTI include urge, frequency with small amounts of urine, burning sensation, cloudy, red, pink, or dark urine, strong-smelling urine, and pelvic pain when in women.

Symptoms associated with urosepsis include those associated with a UTI in addition to fever, pain in region of kidneys, nausea, vomiting, fatigue, decrease in urine output, cloudy thoughts, difficulty breathing, abdominal pain, and a rapid heart rate. If a patient has experienced the symptoms of a UTI followed by the symptoms of urosepsis, they should seek medical attention.

## **3. Discuss the risk factors associated with urinary tract infections.**

Risk factors for developing a urinary tract infection include female gender, frequent or recent sexual activity without voiding afterwards, stool incontinence, indwelling catheter, bladder distention, genetics, disease such as diabetes, and incomplete emptying of the bladder.

## **4. Determine the nursing interventions needed for patients presenting with a urinary tract infection.**

When caring for a patient with a UTI, a nurse should consult with the provider about the possible need for a fluid restriction, medication administration, recommend and assist with warm sitz baths, avoid indwelling catheter use if not necessary, and strict monitoring of intake and output.

## **5. What are some education for UTIs?**

When giving patient education for UTIs, a nurse should include proper wiping technique for females (front to back), avoid products containing perfumes that may come into contact with the vaginal area, avoid tight fitting clothing or wet bathing

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suits for prolonged periods of time, drink at least 3L of fluid a day, daily bathing, urination before and after intercourse, cranberry juice as an infection prevention, and complete emptying of the bladder often and not just when it is full.

## **6. Discuss the various antibiotics used in the treatment of UTIs and the importance of client teaching associated with antibiotic use.**

The most commonly used antibiotics for the treatment of a UTI include fluoroquinolones, nitrofurantoin, trimethoprim, or sulfonamides. These antibiotics are the best options for a patient with a UTI because they directly kill and inhibit reproduction of bacteria. The use of penicillin or cephalosporin is rare because these medications are less effective in this type of infection. Nitrofurantoin is used often because this medication reaches therapeutic levels in the urine. Before giving a patient a sulfonamide they should be questioned about any allergies to sulfa.

The most important education a nurse can provide a client about antibiotics is to not use it more often than needed, taking the entirety of a prescription and not saving any for a later date or not taking the rest because their symptoms have resolved. Patients should also be educated about adverse effects and any lifestyle changes they may need to make for the duration of the prescription.

## **7. What is the most common cause of a urinary tract infection (UTI)?**

- A **Escherichia coli (E. coli)**
- B Staphylococcus aureus (S. aureus)
- C Chlamydia
- D Mycoplasma

## **8. What are signs and symptoms of a UTI in adults?**

- A Frequent urge to urinate
- B Pain during urination
- C Milky/cloudy urine
- D **All of the above**

## **9. Which antibiotics are used in the treatment of uncomplicated UTIs?**

- A trimethoprim/sulfamethoxazole (Bactrim, Septra, Cotrim)

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- B amoxicillin (Amoxil, Trimox, Wymox)
- C ampicillin (Omnipen, Polycillin, Principen, Totacillin)
- D All of the above

**10. The urinary system consists of the:**

- A Bladder, kidneys, uterus, and urethra.
- B Kidneys, ureters, bladder, and urethra.
- C Ovaries, uterus, urethra, and kidneys.
- D Urethra, kidneys, bladder, and vas deferens