

UTI WORKSHEET

Hope Dykes

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

Upper: Affect kidneys and ureters—called pyelonephritis. Occur because bacteria travels from bladder or blood to kidneys.

Lower: Affect urethra and bladder. These bacteria can spread from anus to urethra or bladder.

2. Describes symptoms associated with UTI & urosepsis.

UTI: Itching, burning, urgency, pressure, pain, foul-smelling urine, feeling like they can't empty bladder completely. Cloudy, possibly blood-tinged urine.

Can lead to urosepsis → fever, confusion, extreme fatigue, flank pain.

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

Being female, poor hygiene, catheterization, post-menopause, dehydration, too much caffeine, high blood sugar, kidney stones.

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

Increase fluids (drinking water or IV fluids), reduce fever, give pain relief, heating pad.

5. What are some education for UTIs?

Encourage wiping front to back for females, tell patients to avoid bubble baths, remove wet bathing suits quickly, change pads/tampons frequently, don't use perfumed soaps, pads, or tampons.

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

Bactrim, Cipro, and Macrobid are 3 drugs of choice for UTI. Patients need to finish the entire course UNLESS a CNS report comes back and they are told by provider to change antibiotics.

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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)
- 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