

## Preventative measures for care home staff to help reduce UTIs

### Establish what is normal for the resident

#### Encourage fluid intake

- ◆ Offer regular fluids, e.g. 6-8 glasses (1½ - 2 litres) a day
- ◆ Use the urine colour guide
- ◆ Use a fluid record chart where appropriate

#### Avoid waiting to pass urine

- ◆ Provide regular opportunities to use the toilet to empty the bladder when there is the urge to go

#### Avoid constipation

- ◆ Use the Bristol Stool Form Scale poster
- ◆ Use a bowel movement record chart where appropriate

#### Maintain residents' personal hygiene

- ◆ Use disposable cloths
- ◆ Wash the genital and anal area at least daily and with every pad or insert change - remember for female residents wash / wipe from front to back
- ◆ For male residents, retract the foreskin for washing and replace

#### Correct use of continence pads

- ◆ Pads and inserts should be changed regularly and immediately when faecally soiled

### Additional precautions to take with catheterised residents STOP! THINK! Does the resident need a catheter? Has the need for a catheter been reviewed recently?

#### Hand hygiene and personal protective equipment

- ◆ Wash hands before and after handling a catheter or catheter bag
- ◆ Use gloves and aprons correctly
- ◆ Encourage residents to wash hands

#### Catheter care

- ◆ Wash the catheter from where it enters the body down to where it is connected to the bag
- ◆ Avoid kinking the tube and ensure it is draining
- ◆ Ensure the catheter bag is kept below the level of the bladder to avoid backflow
- ◆ Ensure the catheter is secured using a catheter stabilisation device

#### Correct use of leg bags

- ◆ Ensure the leg bag is secured using leg straps to the top and bottom of the bag
- ◆ Change the leg bag every 7 days using a non-touch technique
- ◆ Avoid contamination of the tap when emptying
- ◆ The bag should be emptied when it is 2/3 full

#### Correct use of disposable night bags

- ◆ Use a stand or attach to a bed frame to prevent the bag touching the floor
- ◆ Night bags are single use.