

UTI Prevention Strategies: Ideas for Customization for your Facility's Needs

Because each facility has its own challenges and risk factors that can contribute to the occurrence of urinary tract infections (UTIs), there is no universal checklist that will prevent all UTIs in all settings. Therefore, the following are examples of practices you may choose to adapt within your facility to promote urinary health.

Promote healthy hydration practices:

- Fluid rounds offering a variety of liquids throughout the day or roving hydration carts
- “Happy Hours” to promote increased fluid intake in a relaxed setting
- “Tea Time” to increase fluid intake in a more formal setting
- Educate all residents, staff, and family members about the benefits of hydration and urinary health
- Creative seasonal offerings such as lemonade or popsicles during warm weather months
- Involve other healthcare disciplines (e.g. therapists) in offering hydration during resident visits
- Leave filled, fresh water pitchers at residents’ bedsides and make sure that they are able to easily reach pitchers and glasses
- Note the residents’ preferences for type and temperature of fluids, and individualize the hydration plan to encourage compliance
- Have a “taste test” and have let the residents guess the flavor of the juice, drink, tea, coffee, shake, or other liquid they are drinking

Promote healthy behaviors:

- Adequate fluid intake
- Promote complete bladder emptying in a relaxed environment
- Ensure that daily personal hygiene is performed to prevent excess skin contact with urine or feces
- Use appropriate incontinence products that are designed for the resident’s absorbency needs
- Teach staff to use a direct, positive approach when administering fluids such as “Here is some cool, refreshing water for you, Mrs. Jones” rather than “Do you want something to drink, Mrs. Jones?”

Promote practices to avoid a catheter-associated UTI (CAUTI):

- Avoid unnecessary urinary catheterization
- Educate and train staff to consider other alternatives to indwelling catheterization
- If a urinary catheter is required, monitor and observe practices for proper insertion, care, and maintenance of a closed-drainage system
- Provide written guidance and education for use of urinary catheters and reminders for removal when no longer indicated
- Educate staff in the proper technique for obtaining urine samples if laboratory analysis is indicated
- Ensure compliance to proper hand hygiene practices and general infection prevention practices