

Scottish Urinary Tract Infection Network Newsletter June 2017



Hello and welcome to the 2nd SUTIN newsletter.

In this edition, we are focusing on the NHS Education for Scotland (NES) resources around urinary catheters and continence.

These resources are evidence-based and aligned to other national objectives in terms of the Scottish Patient Safety Programme, Health Protection Scotland, Scottish Antimicrobial Prescribing Group

(SAPG) as well as our own National Catheter Passport.

They are free to use and many of them are available as on-line modules via the Learn-Pro system. I hope that you find them useful within your own context.

Do let me know your thoughts on other topics you would like covered by our newsletter. If you or your organisation would like to contribute in the future, please contact us at NSS.ScottishUTINetwork@nhs.net

I look forward to hearing from you.

Best wishes

A handwritten signature in black ink that reads "Lesley Shepherd".

Lesley Shepherd
Chair, SUTIN Board

NHS Education for Scotland (NES)

At NES, we are working hard to prevent the spread of infection in the NHS and care homes through educating staff on how to prevent and control infections.

We are making a significant contribution to the HAI agenda through the production of a comprehensive range of continuing education programmes across all professions and disciplines. Additionally, we are contributing to the delivery of undergraduate curriculum with provision of resources for infection prevention and control and decontamination.

In this SUTIN newsletter, we would like to showcase some of the UTI-related educational and training resources which are currently available on the NES website (see overleaf).

These resources vary in education content and include the following topics:

- antimicrobial prescribing.
- antimicrobial resistance.
- promotion of continence.
- assessment of continence.
- prevention and control of infection associated with indwelling urethral catheters.

The resources delivery modes also vary from online modules and educational toolkits to workbooks and posters.

For more information on these resources, please visit: www.nes-hai.info.

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NES

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Contact NSS.ScottishUTINetwork@nhs.net Find out more at: <http://www.hps.scot.nhs.uk/haic/sutin.aspx>

Antimicrobial Stewardship Workbook

Aim: To support registered nurses and midwives learning around preserving antimicrobials and support the care of patients with infections. Workbook can be under taken in bite sized chunks can provide outcomes and evidence for NMC revalidation and e-KSF.

Target Audience: All registered nurses/midwives in all settings. <http://bit.ly/2eZ3Fue>

Aseptic Technique and Inserting an Indwelling Urethral Catheter

Aim: To provide healthcare staff with the knowledge and understanding of aseptic technique in terms of insertion of urinary catheters. This course is divided into aseptic technique (mandatory) and six other modules including urinary catheterisation.

Target Audience: For any practitioners working in the NHS or non-NHS setting who are required to perform an aseptic technique. <http://bit.ly/2skSab0>

Indwelling Urinary Catheter Maintenance (A3 and A4 posters)

A decision-making tree for use in care homes to support best practice when caring for patients with indwelling urinary catheters. <http://bit.ly/2sUzU5e>

Person Assessment

- Consult the catheter passport (if available) for person specific information
- Know who to consult if you need advice on catheter related issues
- Encourage total personal hygiene, wash the genital area with non-antiseptic and unperfumed liquid soap (see key additional guidance column)
- If the person is having a wet check for symptoms of a Urinary Tract Infection (UTI)
- Check if the catheter and closed drainage system are being maintained
- Check if catheter bag needs emptying. Empty when 2/3 full

Urinary Output Assessment

Check the urine output volume and colour

- 100ml/hour = OK
- 50-90 ml/hour = Low
- 30ml/hour = Very low

Low Fluid Volume in the Bag - Check if the Catheter is Bypassing or Blocking

- Check for kinks and migration from cut
- Check the bottles have moved and avoid obstruction
- Review oral intake

Consider Dehydration

1. Urine that smells foul or unusually strong. If you follow point 3 and 4
2. Urine that is thick, cloudy or tinged with blood. If you follow point 3 and 4
3. Commence a urine frequency volume chart and monitor output
4. Encourage fluid intake of 1.5-2 litres per day or as directed

Key Additional Questions Daily Personal Hygiene

Make gently retract foreskin, wash with warm water and unperfumed liquid soap. Dry gently and replace foreskin if present and possible.

Female: wash the genital area from front to back with warm water and unperfumed liquid soap, dry area.

Procedures For Emptying Urine Bag

- Carry out hand hygiene, apply apron and gloves
- Remove stopcock/leave from bag (optional)
- Precautionary
- Check that bag on the bag is not over the bag
- After emptying the bag, check the bag, the stopcock and the bag is not on the floor
- Wash the stopcock and stopcock bag
- Wash the stopcock and gloves and dispose
- Carry out hand hygiene
- Reconnect to ensure it is secure
- Wash the genital area if needed

Does the person show signs and symptoms of having a UTI?

- Person feels unwell
- Fever
- New central lower back pain
- New confusion or more agitated
- Pain in or around the area where the catheter is inserted and/or any pus like discharge in the urine
- Change in normal behaviour

Contact the person in charge or your line manager for advice, action or treatment

Antibiotic Prescribing for Today's Practitioner

Aim: Centres on clinical case-based vignettes to deliver key points relating to antibiotic prescribing. These also offer an online assessment with the facility to print off a record of learning as the course is completed.

Target Audience: Medical/non-medical prescribers in both acute and community care settings. <http://bit.ly/2sUcahz>



Scottish Reduction in Antimicrobial Prescribing (ScRAP) Programme (version 2)

Aim: This resource is focused on reducing unnecessary prescribing antimicrobials for UTI. ScRAP is designed to support GPs using a quality improvement approach to antibiotic prescribing within primary care. Education sessions have been designed to be delivered by either pharmacists, nurses or care home managers. **Target Audience:** GPs, non-medical prescribers, out-of-hours services and care homes. <http://bit.ly/2raj8cn>

Promotion of Continence and the Assessment of Bladder Dysfunction in Adults

Aim: To provide staff working in health and social care with the necessary knowledge in the causes of incontinence and the treatment options available, so practitioners can assist patient's/ client's to maintain continence and, where possible, avoid the insertion of an indwelling urethral catheter. **Target Audience:** All registered nurses, healthcare support workers and care staff working in health and social care. <http://bit.ly/2rqWa4H>

Urinary Catheterisation: Management, Care and Prevention of Infection

This workbook-based short on-line course comprises seven sections including legal aspects, anatomy of the urinary tract, reasons for catheterisation, insertion & maintenance, collecting a urine specimen and discharge planning. There is a particular focus around the use of the National Catheter Passport. **Target Audience:** Any practitioner working within NHS or non-NHS settings who cares for people with urinary catheters. <http://bit.ly/2mr63lm>