



Effective Health Care

Prevention of UTI in LTC

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Prevention of Urinary Tract Infections in Long Term Care Facilities*, is not feasible for a full systematic review due to the limited data available for a review at this time.
- This topic could potentially be considered for new research in comparative effectiveness.

Topic Description

Nominator(s): Individual

Nomination Summary: The nominator is interested to know the effectiveness of interventions designed to prevent urinary tract infections (UTI) among long-term care (LTC) residents without indwelling catheters.

Staff-Generated PICO

Population(s): older adults without indwelling catheters (IC) residing in long-term care facilities.

Intervention(s): enhancing/maintenance of patient mobility, scheduled toileting, cranberry products, estrogen therapy, vitamin C, antibiotics, nursing care policies, fluid management, hydration promotion.

Comparator(s): no intervention.

Outcome(s): UTIs, antibiotic use, hospitalizations for bacterial infection

Key Questions from Nominator: Nominator is interested in an improved understanding of UTI in long term care residents without indwelling catheters and guidelines to prevent these infections.

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- A UTI is an infection in any part of the urinary tract. UTIs are the second most common type of infection in the body. Women are more prone to getting UTIs than men for anatomical reasons. Risk factors for UTI include catheter use, older age, dementia, incontinence and other bladder dysfunction, prostate enlargement, mental status, and other comorbidities. Most UTIs are caused by bacteria and are therefore typically treated with antibiotics or antimicrobials. While catheter use is a major risk factor for

developing a UTI, non-catheter-associated UTIs represent a substantial proportion of UTIs in LTC facilities.

- Several interventions have been suggested to decrease the incidence of UTI, including enhancing/maintenance of patient mobility, scheduled toileting, catheter use, catheter policies, cranberry products, estrogen therapy, vitamin C, antibiotics, antibiotic use (in UTI) policies, nursing care policies, fluid management, hydration, and periprocedure antimicrobial prophylaxis
- Although there are several systematic reviews that address various preventive strategies in adults, few studies specifically included residents of LTC facilities. Therefore, a systematic review focused on the UTI prevention in the LTC setting is not feasible at this time.