

drug's continued necessity when no signs of infection are present. For all children, adequate fluid intake is encouraged.

Prevention

Prevention is the most important goal in both primary and recurrent infection, and many preventive measures are simple hygienic habits that should be a routine part of daily care (see [Nursing Care Guidelines](#) box). For example, parents are taught to cleanse their infant's genital areas from front to back to avoid contaminating the urethral area with fecal organisms. Girls are taught to wipe from front to back after voiding and defecating. Children should void as soon as they feel the urge.

Nursing Care Guidelines

Prevention of Urinary Tract Infection

Factors Predisposing to Development

Short female urethra close to vagina and anus

Incomplete emptying and overdistention of bladder

Concentrated urine

Constipation

Measures of Prevention

Practice perineal hygiene; wipe from front to back.

Avoid tight clothing or diapers; wear cotton panties rather than nylon.

Avoid “holding” urine; encourage child to void frequently.

Take time to empty bladder completely. This may be helped by relaxed toilet posture for girls, with feet supported on a stool and knees apart. Some children benefit from “double voiding” (void, wait a few minutes, and void again).