

or in any of the subgroups, including children. Because the benefit is small, cranberry juice cannot currently be recommended for prevention of UTIs. Other cranberry preparations need to be quantified using standardized methods to ensure the potency before being evaluated in clinical studies or recommended for use (Jepson, Williams, and Craig, 2012).

Diagnostic Evaluation

The clinical manifestations of UTI depend on the child's age (Box 26-1). Diagnosis of UTI is confirmed by detection of bacteria in urine culture, but urine collection is often difficult, especially in infants and very small children. Several factors may alter a urine specimen, and contamination of a specimen by organisms from sources other than the urine, such as perineal and perianal flora in bag specimens, is the most frequent cause of false-positive results. Unless the specimen is a first morning sample, a recent high fluid intake may indicate a falsely low organism count. Therefore, children should not be encouraged to drink large volumes of water in an attempt to obtain a specimen quickly.

Nursing Alert

A child who exhibits the following should be evaluated for UTI:

- Incontinence in a toilet-trained child
- Strong-smelling urine in association with other symptoms
- Frequency or urgency
- Pain with urination

Box 26-1

Clinical Manifestations of Urinary Tract Disorders or Disease

Neonatal Period (Birth to 1 Month Old)

Poor feeding