

P-GU-008 URINARY TRACT INFECTION

DEFINITION & EPIDEMIOLOGY

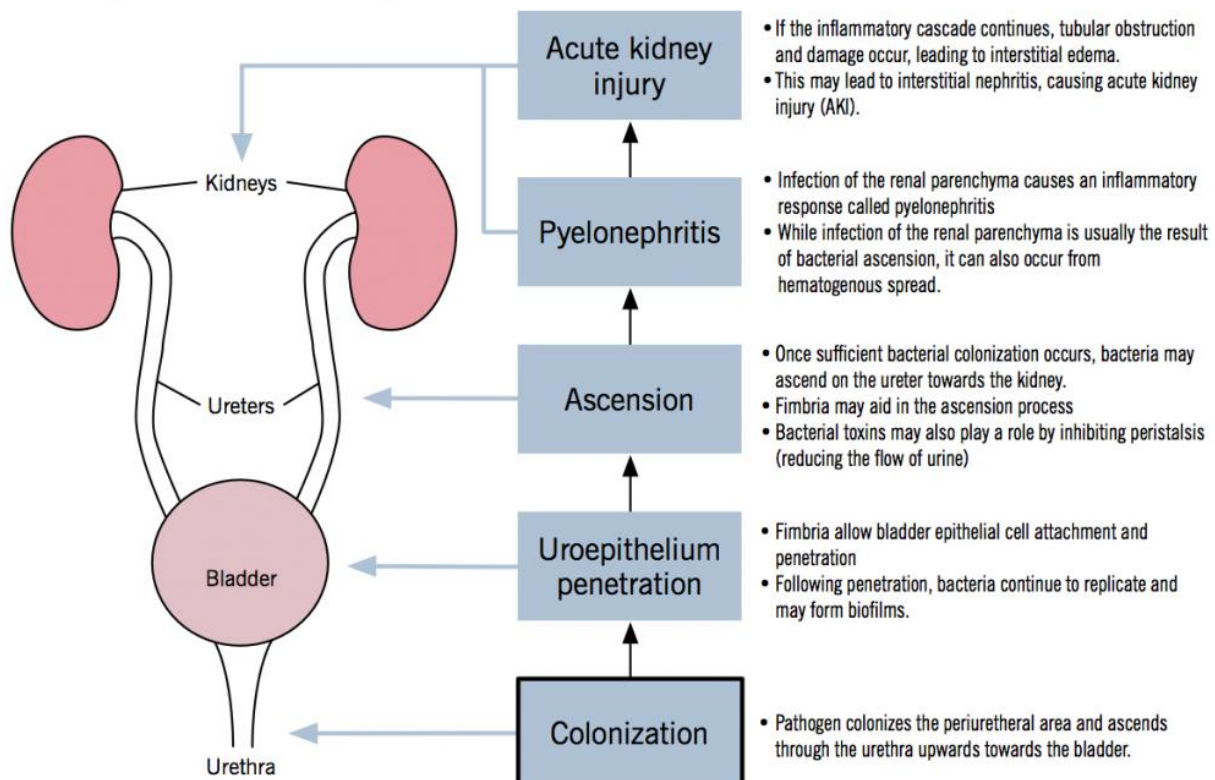
- Urinary tract infection (UTI) refers to a symptomatic bacterial infection within the urinary tract. This includes a lower urinary tract infection – cystitis (symptomatic infection of the bladder), or an upper urinary tract infection – acute pyelonephritis (symptomatic infection of the kidney).
- The condition is prevalent in both males and females. However the females are more susceptible during reproductive age while males are susceptible post reproductive age. Female predilection is higher with male: female ratio 1: 2. (1)
- Globally 150 million individuals are affected by the condition leading to hospitalization. In India the incidence is around 8 million cases per year for year 2014.(2)

ETIOLOGY (2–4)

Etiology	Risk factors
The main causative organism is <i>Escherichia coli</i> species (80-90% of cases). Other causes include <i>Klebsiella</i> , <i>Enterococcus</i> , <i>Proteus mirabilis</i> and <i>Staphylococcus saprophyticus</i> .	<ul style="list-style-type: none">• Indwelling catheter• Immunocompromised conditions• Poor personal hygiene• Unsafe sexual practices• Voiding dysfunction• Vesicouteral reflux leading to urine retention• Diabetes

PATHOPHYSIOLOGY (2)

Pathogenesis of urinary tract infection



Signs & Symptoms (1–6)

Specific symptoms	Common symptoms
<ul style="list-style-type: none">Burning micturition, frequency, urgency, dysuria	<ul style="list-style-type: none">Burning micturition,Increased frequencyUrgencyDysuriaSmelling urineFever and chillsSuprapubic pain & discomfortBlood in urineNausea and vomitingMalaise

History

H/O Present Illness <ul style="list-style-type: none">Onset of symptoms: when it startedDuration : duration of illnessCharacter of pain: Pain occurring at the beginning of or during urination suggests a urethral site of disease, whereas pain after voiding implies pathology within the bladder or prostate area.Urine color: is urine in red or black color?Any genital discharge?
Past H/o <ul style="list-style-type: none">Previous H/o similar illnessH/o catheterizationH/o renal calculusK/c/o diabetics, vesicoureteral reflux (VUR), Benign prostatic hypertrophy, Urethral strictureH/o NSAIDs intake or any drug intake
Personal H/o <ul style="list-style-type: none">Voiding habitsPerineal hygiene practices (especially among women)

Vital Signs

- Body temperature: Possible raised body temperature
- Heart rate: No specific changes
- Respiratory rate: No specific changes
- Blood Pressure: No specific changes

Patient Examination (5–9)

Systems	Inspection	Palpation	Percussion	Auscultation	Positive sign
General examination	None	None	None	None	No specific finding

Systems	Inspection	Palpation	Percussion	Auscultation	Positive sign
CVS	None	None	None	Routine CVS	No specific finding
RS	None	None	None	Routine RS-	No specific finding
Abdomen	None	Palpate lower abdominal region	None	Bowels sound	Mild lower abdominal pain or discomfort may present
Musculoskeletal system	None	None	None	None	No specific finding
CNS	None	None	None	None	No specific finding

Diagnostic Test(9–12)

- Urine routine and urine microscope to see the pus cells.
- For culture and sensitivity patient has to be referred to higher center

Diagnosis

Urinary Tract Infection

Differential Diagnosis

- Acute Pyelonephritis
- Benign Prostatic Hypertrophy
- Prostatitis
- STI/RTI

Treatment (4, 8–11)

Non-pharmacological Management

- Plenty of fluids orally
- Maintain proper hygiene

Pharmacological Management

Adults:

Antibiotics

- Tab. Ciprofloxacin 500 mg BD for 3-5days **OR**
- Tab. Trimethoprim/sulfamethoxazole 160/800 mg BD for 3-5days

For fever

- Tab. Paracetamol- 500 mg 6th hourly for 3- 5days

Complicated UTI refer to Higher center

Special Groups:

Children:

Antibiotics

- Syr. Amoxicillin 30-50 mg/kg/day in 3 divided doses for 7 to 10 days. **OR**
- Syr. Cotrimoxazole (Trimethoprim) 6-10 mg/kg/day in 2 divided doses for 7- 10 days.

For fever

- Tab. Paracetamol 10-15 mg/kg/dose 6th hourly till fever subsides

Pregnancy: Refer to specialist

Geriatrics: similar dose as adult
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When to Refer

- Complicated UTI
- High grade fever
- Recurrent cases
- Non-responsive to treatment

References

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