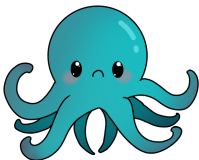


Uncomplicated UTIs



osce toolbox



16-64 y/o females only
exclude: pregnant women.
: recurrent UTI - 2 in 6 months.
OR 3 in 12 months.
: urinary catheter use.

IS THE PATIENT AT RISK OF DETERIORATING OR SERIOUSLY UNWELL?

yes

Consider:

Calculating NEWS2 Score
Signposting to A&E
Calling 999

Do they have signs of pyelonephritis?

- Kidney pain/back tenderness beneath ribs
- New/worsening myalgia
- Flu-like symptoms
- Chills/rigors or temperature $\geq 37.9^{\circ}\text{C}$
- Nausea/vomiting

yes

URGENT Same Day Referral:

GP
Relevant out of hours services.

no

Have you ruled out gynaecological causes?

- Vaginal discharge?
80% don't have a UTI - treat OTC if you suspect thrush!
- Urethritis?
Inflammation post-sexual intercourse or use of irritants.
- Sexual history?
Be sure to exclude any STIs.
- Pregnancy?
any missed or lighter periods? if in doubt do a pregnancy test!
- Genitourinary syndrome of menopause?
↳ vulvovaginal atrophy.
- Immunosuppression?

yes

Refer to:

GP
Sexual Health Clinics
Any other providers you feel appropriate.

no

HAVE YOU SCREENED FOR THE 3 DIAGNOSTIC SIGNS OF A UTI?

needing to pass urine during the night. ← **New nocturia**
Dysuria → burning sensation when passing urine.
Cloudy urine → Pharmacist to visually inspect if possible.

NO SYMPTOMS

1 SYMPTOM

2+ SYMPTOMS

Any other urinary symptoms?

- Urgency?
- Frequency?
- Visible haematuria?
- Suprapubic pain/tenderness?

UTI LESS LIKELY

POTENTIAL UTI

Refer to:

- GP
- Sexual Health Clinics
- Any other providers you feel appropriate.

Some self-care advice?

- take paracetamol up to 4x a day for pain.
- rest & drink plenty of fluids; aim to pass pale urine.

TREAT USING TARGET UTI RESOURCES

Mild symptoms:

Consider pain relief.
Self-care as first line treatment.

Advise patient to return to pharmacy for reassessment if there's no improvement within 48 hours!

Moderate to severe symptoms:

Offer Nitrofurantoin for 3 days (subject to PGD criteria).
Self-care

ALL PATIENTS:

- Advise to visit GP/ healthcare provider if symptoms worsen rapidly or significantly at any time OR do not improve within 48 hours of taking antibiotics.
- Use the TARGET UTI Leaflet to share self-care and safety-netting advice.