



# Course Information

## Detecting and Managing Urinary Tract Infections

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Course Code: R-160309-NZ Course Series: Diseases and Health Related Conditions

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Learning Pathway: Fundamental



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Course Aim: Identify the causes, symptoms and implications of UTIs. Describe practical approaches to the management of UTIs.

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Target Audience: New Care Staff, Experienced Care Staff, Registered Nurses, Enrolled Nurses, Management, Admin Staff(delete as appropriate)

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Learning Outcomes:

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After viewing this course participants should be able to:

- Define what a urinary tract infection is, the different types of UTI and the symptoms
  - Explain the causes, risk factors and the dangers in regard to morbidity and mortality
  - Identify and implement the correct treatments and preventative measures
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Subject Matter Expert:

**Marie Riding**, RGN (RN DipHE) Continence Specialist Nurse, is a registered nurse with over 20 years NHS experience and has worked in the field of continence care for the past 16 years. Leading the Continence Service for CNWL-MK, Marie has played a key role in expanding the service provided to patients in the local community and care homes and has raised the profile of continence care across her organisation. She is frequently invited to speak at local and national healthcare/educational events providing continence care, advice, and guidance.

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Before you begin this course, think about the following:

- How often do UTIs occur in your care home?
  - How does your organisation promote awareness of UTIs, their symptoms and prevention amongst staff?
  - What steps does your organisation take if a UTI is suspected?
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Active Learning Hours:

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

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## Key definitions

<b>Lower Urinary Tract</b>	Is comprised of the urethra and the urinary bladder
<b>Upper Urinary Tract</b>	Is comprised of the ureters and the kidneys
<b>Urethritis</b>	An infection of the urethra
<b>Cystitis</b>	An infection of the urinary bladder
<b>Ureteritis</b>	Infection of the ureters
<b>Pyelonephritis</b>	An infection of the kidneys
<b>Polyuria</b>	Excessive production of urine
<b>Mid-Stream Urine (MSU)</b>	Is the term used to define the clean sample of urine collected for pathology
<b>Urinalysis (UA)</b>	Also known as routine and microscopy (R&M) or 'dipstick test', is an array of tests performed on urine, and one of the most common methods of medical diagnosis



## Resources to support your learning

Ministry of Health NZ:

<http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/urinary-problems/urinary-tract-infection>

Southern Cross NZ – Urinary Tract Infections Causes, Symptoms, Treatment:

<https://www.southerncross.co.nz/group/medical-library/urinary-tract-infections-symptoms-treatment-prevention>

Health Navigator NZ: <https://www.healthnavigator.org.nz/health-a-z/u/urinary-tract-infection-uti/>

Continence NZ: <http://www.continence.org.nz/>

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