

Top tips to prevent Urinary Tract Infections

THE [care home assessment tool](#) can be used to inform your GP if a resident is thought to have a UTI. Urine dip tests are not recommended in over 65 years as it can lead to misdiagnosis and inappropriate prescribing.

Always send a sample. Symptoms to consider:

- Dark-coloured urine, (considering medications that can discolor our urine)
- Increased frequency passing urine
- Confusion
- Discomfort
- Altered observations, (RESTORE/MEWS)

Hydration

Keeping your residents hydrated can reduce their risk of developing UTIs. It



can be challenging to increase an individual's fluid intake, but using fluid-rich foods might help, e.g.

- Smoothies
- Fruit Juice
- Lollies
- Pureed fruit
- Fruit generally, (watermelon)
- Cucumber and tomatoes

Care Home UTI Assessment Tool			
Other patients (NHS) with suspected UTI			
<p>Consider 1 to 4 for patient details and forward to GP – request to patient notes.</p> <p>• 100% of patients with suspected UTI – not recommended in NHS</p> <p>• 100% of patients with suspected UTI – not recommended in NHS</p> <p>• 100% of patients with suspected UTI – not recommended in NHS</p>			
<p>1) Catheter: Y/N Reason for catheter: _____</p>			
<p>2) Signs of any other infection source? Y/N If yes, circle any NEW symptoms</p>			
<p>3) Can patient communicate symptoms? Y/N</p>			
<p>4) Record for all patients: Signs/symptoms</p>			
<p>5) GP to Action – circle all which apply:</p>			
<p>6) Any other actions:</p>			

- Jellies
- Puddings
- Soups
- Stews
- Milk

Dates for your diary

Virtual IPC clinic

LOG on to our virtual IPC clinic — no appointment necessary. Our team will be waiting to answer any IPC-related queries you may have.

The clinics are held monthly and the next one is on Wednesday 12 March 2025 between 2 and 4pm.

[Please click here to access.](#)

Email addresses

WE HAVE recently updated our care home contact lists as we have noticed that we are getting an awful lot of 'bouncebacks' where email addresses are no longer valid.

It is vitally important that you send us your up to date email address so that cascades from UKHSA, NHSE and also our newsletter reaches you. Please let us know any changes by emailing the team inbox.

Glowbox

WE HAVE a hand hygiene glow box, which providers are welcome to borrow for their in-house training sessions. Collect and return to Wynford House, Yeovil. Email the team inbox to [book](#)

Training opportunities for care home staff

The LARCH Team can now offer free education on the following topics. Face-to-face within the care setting.

- Catheter Care*
- Nebuliser*
- Falls Awareness
- Front of Mouth Suction*
- Mouthcare
- RESTORE2
- RESTORE Mini
- Stoma Care*

- Urinary Sheath*
- Syringe driver Competencies*
- Pressure Ulcer Prevention & Management
- Treatment Escalation Plans
- Nutrition and Hydration

*Competency assessed

Contact the larch team:
larch@somersetft.nhs.uk

Dysphagia awareness training dates

9:30-11am
24th April
26th June
28th August
30th October

JOIN us for a one-hour Dysphagia Awareness session followed by a question and answer session with a Speech and Language Therapist,

via MS Teams.

This training is aimed at all levels of staff within care homes, and those working and supporting adults with Dysphagia.

Please contact Adult Speech and Language Therapy on sltcarehomes@somersetft.nhs.uk for further information.