



HYDRATION AND URINARY TRACT INFECTIONS

Monique Dowd, MA, RD, LDN, CDE

Karen J. Nichols, MD

BACTERIURIA

- Prevalence of bacteriuria and UTI increasing
 - Women older than 65; 20%
 - Men older than 65; 10%
- Prevalence in nursing home population
 - Women; 25% to 50%
 - Men 15% to 40%

URINARY TRACT INFECTIONS

Predisposing factors:

- Urinary tract cancers
- Benign prostatic hyperplasia
- Uterine prolapse
- Constipation
- Neurogenic bladder dysfunction
- Post-operative changes from Uterine or Rectal cancer

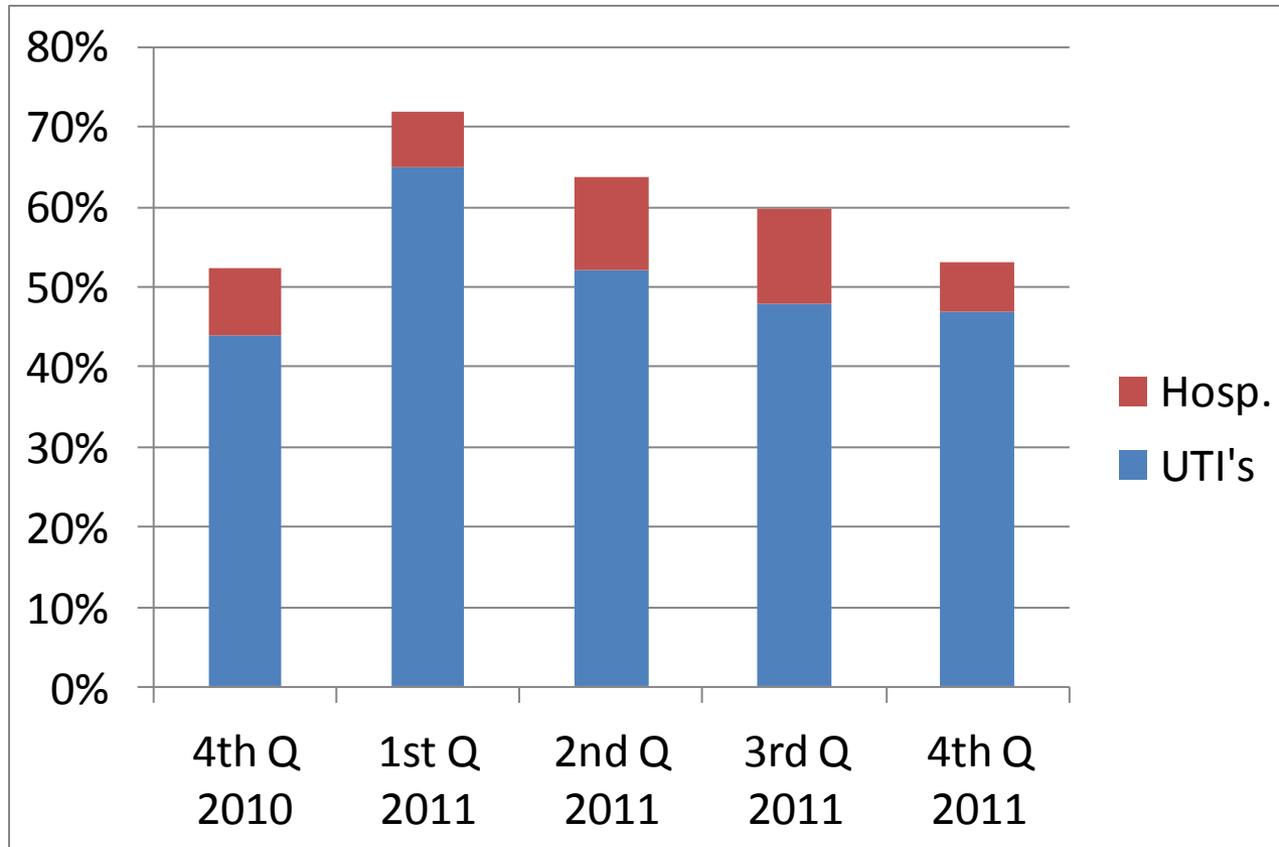
Reasons for Decreased Fluid Intake in Elderly

- *Impaired Thirst Mechanism*
- *Absence of feeling thirsty or noticing mouth dryness*
- *Decreased mobility to get to the bathroom*
- *Decreased bladder control-bothersome to drink*

Infection Surveillance

- Urinary Tract Infections always in the majority
- Accounted for a number of hospitalizations
- Incidental finding on review that amount of UTI's decreased in summer months when we were “encouraging water intake”
- Decision was made to increase hydration efforts year round

UTI rates for LIFEUPENN



Hydration Needs in the Elderly

- At least 6 glasses of water or other beverages daily
- High-water content foods, such as fruits and soup daily

Old Hydration Efforts at the LIFE Center

- Breakfast-Members were offered:
 - 8 oz. juice
 - Unlimited water
- Lunch-Members were offered:
 - 8 oz. juice
 - Unlimited water
- Members were provided with water throughout the day upon request.

New Hydration Efforts at the LIFE Center

- Breakfast-Members are offered:
 - 4 oz. juice
 - 8 oz. milk
 - Unlimited water
- After Breakfast, all members are given an 8 oz. bottled water to have for the day.
- Lunch-Members are offered:
 - Unlimited Flavored Water
 - Unlimited Regular Water

New Hydration Efforts at LIFE Center

- At 2:00 pm Snack, all members are given an 8 oz. bottled water to go home with
- Members are also offered extra water during activities throughout the day and on the van during transportation
- Members are provided with water throughout the day upon request

Next Steps

- Caregiver Education
 - Benefits of Hydration in the elderly
 - Encouraging Hydration in the elderly
 - Increase Bathroom Breaks for the elderly
- Infection Surveillance, continued
 - Review data for repeat offenders
 - Review hospitalizations
 - Are we treating bacteriuria or true infections?

Questions?

Questions?

- karenjn@nursing.upenn.edu
- mdowd@nursing.upenn.edu