

Urinary Tract Infections (UTI)

Inflammation (infection) of the bladder is a common secondary condition of many developmental disabilities and can contribute to high blood pressure, kidney disease and failure.

The chance of having UTI's is about 100% in some individuals with Spina Bifida, meningomyelocele or spastic quadriparetic cerebral palsy.

Influencing Factors:

- ❑ Central nervous system dysfunction (Cerebral Palsy, Spina Bifida, Myotonic dystrophy)
- ❑ Urinary tract developmental abnormalities (incomplete bladder emptying, Backward flow of urine)
- ❑ Some cognitive and behavioral issues
- ❑ Diabetes
- ❑ Incontinence
- ❑ Certain medications
- ❑ Immobility

Signs and Symptoms:

- ❑ Painful urination
- ❑ Urgency and increased frequency
- ❑ Hesitancy of start, dribbling flow
- ❑ Blood in urine
- ❑ Cloudy appearance
- ❑ Unusual odor
- ❑ Low back or abdominal pain
- ❑ Associated with possible fever and chills

Treatment with antibiotics must also address any underlying issues to be successful.

Push fluids (unless doctor directs otherwise)

Encourage showers over baths

Perform/or teach good perineal care (Females wipe from front to back)

Diagnosis involves a urine test and if symptoms indicate, urine tests and blood tests.

Documents to maintain:

- ❑ Urine output record to include frequency appearance and odor
- ❑ May need a fluid intake record
- ❑ Protocol for prevention of future episodes and early detection and treatment