

UTI in women Standing Order

Issue date:		Review date:	
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This standing order is not valid after the review date. The review date is one year after the date the order was signed by the issuer.

Standing Order Name	Urinary Tract Infection (UTI) in women
Rationale	To swiftly and appropriately treat female patients who are symptomatic of a UTI
Scope (condition and patient group)	Woman ≥ 16 years of age who are assessed as having a UTI.
Red Flags	Fever, chills, nausea and feeling unwell may be a sign of pyelonephritis, especially if associated with lower flank pain. Frail elderly, patients with diabetes, indwelling catheters or recurrent UTIs need further assessment and involvement of a Medical or Nurse Practitioner. Women who are pregnant will need the involvement of a Medical or Nurse Practitioner or the women's Lead Maternity Carer.
Assessment	<ol style="list-style-type: none"> History and examination <ul style="list-style-type: none"> Ask about recent antibiotics including trimethoprim prescribed by a community pharmacist Check temperature, heart rate, abdomen and flank. If classic lower urinary tract symptoms and a positive dipstick, then a urine culture is not needed in uncomplicated UTIs. Symptoms include: <ul style="list-style-type: none"> dysuria frequency urgency suprapubic pain Consider testing for chlamydia urethritis as it can present with dysuria in both women and men. In the elderly, treat only if there are clinical signs and symptoms, rather than based on a positive dipstick or positive urine culture result.
Indication	Treatment of UTI
Medicine	Trimethoprim 300 mg tablets
Dosage instructions	<u>Woman ≤ 70 years:</u> 300 mg at bedtime for 3 days or <u>Women >70 years old:</u> 300mg at bedtime for 7 days
Route of administration	Oral
Quantity to be given	3 or 7 days depending on age of patient.
Contraindications	<ul style="list-style-type: none"> Blood dyscrasias Porphyria Allergy to trimethoprim
Precautions	<ul style="list-style-type: none"> Renal impairment (CrCl <30 mLs/min), needs dose adjustment Concurrent administration with an ACE-I or ARB, especially in elderly with or without renal impairment due to risk of hyperkalaemia.
Indication	Treatment of UTI if trimethoprim inappropriate
Medicine	Nitrofurantoin
Dosage instructions	<u>Woman ≤ 70 years:</u> 50 mg four times daily for 5 days or <u>Women >70 years old:</u> 50 mg four times daily for 7 days
Route of administration	Oral
Quantity to be given	5 or 7 days depending on age of patient.

Contraindications	<ul style="list-style-type: none"> • Avoid in renal impairment with CrCl <60mLs/min • Allergy to nitrofurantoin
Precautions	<ul style="list-style-type: none"> • Elderly and renal dysfunction
Additional information	In uncomplicated UTIs do not send an MSU to the laboratory. Encourage fluid intake.
Follow-up	If symptoms worsen or if patient develops other symptoms such as fever, nausea or kidney pain then request that they represent. If no response in 48 hours request that they represent. Elderly patients can deteriorate quickly, therefore if they have any concerns ask them to represent asap.
Countersigning and auditing	Countersigning is not required. Audited monthly. OR Countersigning is required within XX days
Competency/training requirements	All nurses working under this standing order must be signed off as competent to do so by the issuer and have had specific training in this standing order.
Supporting documentation	Healthpathways at www.healthpathways.org.nz Best Practice Journal at www.bpac.org.nz New Zealand Formulary at www.nzf.org.nz Nitrofurantoin - Not Suitable In Renal Impairment at http://medsafe.govt.nz/profs/PUArticles/December2015/Nitrofurantoin.htm Individual medicine data sheets at www.medsafe.govt.nz Standing Order Guidelines, Ministry of Health, 2012 Medicines (Standing Order) Regulations 2012 (Standing Order Regulations)
Definition of terms used in standing order	<u>Dysuria</u> - painful urination <u>Porphyria</u> - a rare hereditary disease in which there is abnormal metabolism of the blood pigment haemoglobin. Porphyrins are excreted in the urine, which becomes dark; other symptoms include mental disturbances and extreme sensitivity of the skin to light. <u>Pregnancy Category B3</u> - Drugs which have been taken by only a limited number of pregnant women and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the human foetus having been observed. Studies in animals have shown evidence of an increased occurrence of foetal damage, the significance of which is considered uncertain in humans.

Medical Centre or Clinic:	
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Signed by issuers

Name: _____

Signature: _____

Title: _____

Date: _____

Nurses operating under this standing order

Only Registered nurses working within the above medical centre or clinic are authorised to administer medication under this standing order.

We the undersigned agree that we have read, understood and will comply with this standing order and all associated documents.

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____