



Nurse Led Female Urinary Tract Infection Clinic

Elaine Robinson and Ian Pearce / Department of Urology, Manchester Royal Infirmary

Introduction and objectives

- Urinary tract infections (UTI's) are common in adult women of all ages.
- Recurrent UTI's represent a significant problem for women and a challenge for their healthcare professionals.
- A Consultant Urologist and a Urology Specialist Nurse developed a protocol driven nurse-led, female new patient UTI clinic in 2013.
- The clinic was set up to assess, investigate, manage and treat this group of patients based on current guidelines.

The purpose of this study was to;

- Analyse the data the clinic provides
- Assess protocol adherence
- Analyse patient outcomes

Materials & Methods

Data was collected prospectively from December 2013 to September 2014

- Recording symptoms
- Physical examination findings
- Investigations performed
- Medical management
- Results and outcomes

Proforma ▶

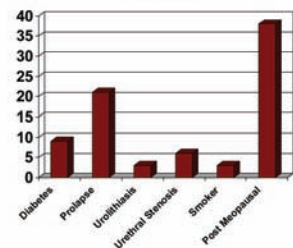
Results

Complete data was collected on 32 patients, with mean age 44yrs, (range 16 – 89)

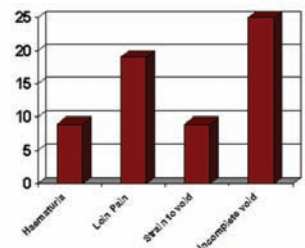
Management according to protocol showed;

- 100% post void ultrasound scan
- 85% urine cultures (sent on positive dipstick)
- 82% serum glucose
- 6% urodynamics
- 28% flexible cystoscopy

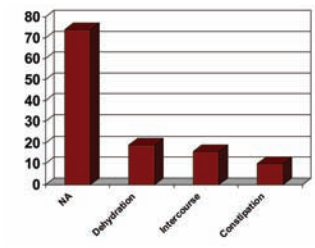
History



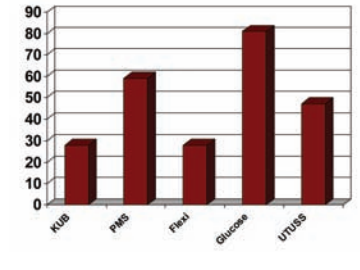
Symptoms



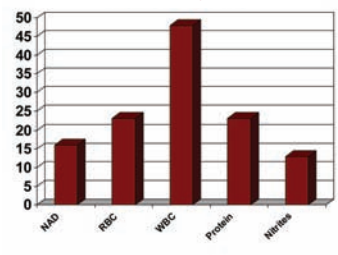
UTI Triggers



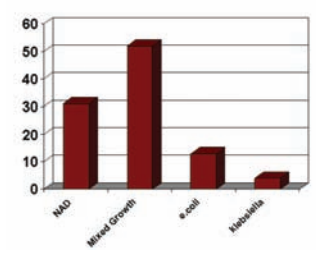
Investigations



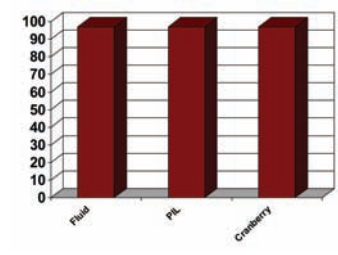
Urinalysis



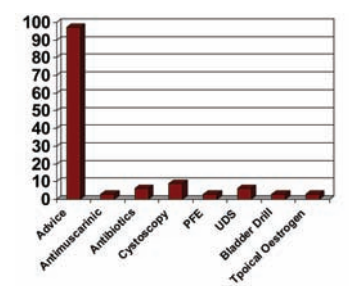
MSSU



Advice



Outcome



Follow up

- 18% of patients were discharged
- 13% did not attend further arranged appointments
- 46% of patients were referred on to the consultant

Conclusion

The nurse led female UTI clinic is an effective and safe means of assessing patients, performing appropriate investigations and implementing effective protocol driven management plans and provides an educative role to patients to promote health providing a more holistic approach.