

SNAPPS WRITTEN ASSIGNMENT TEMPLATE

What is the self-directed learning issue that was identified in your oral presentation?

Treating Urinary Tract

Research the self-directed learning issue and provide a summary of your findings which is fully supported by appropriate, scholarly, EBM references.

An uncomplicated UTI is usually caused by Escherichia Coli (E. Coli), staphylococcus, Proteus, Candida, klebsiella, and Enterococcus. UTIs occur in women more often than men, due to the shorter urethra and closer to the anus. Within the geriatric population, the most common infection diagnosis is UTI. (Gilbert et al., 2022)

The treatment type and length of Urinary Tract Infections (UTI) are dependent on several criteria such as the severity of symptoms and the individual's history of UTI. (Noël et al., 2021) Some individuals have recurrent UTI, which is when they have 2 infections within 6 months. Recurrent UTI often manifests with a different organism than the initial infection. Risk factors such as chronic diarrhea, incomplete bladder emptying, cystocele, atrophic vaginitis, multiple sexual partners, and inadequate oral fluid intake put individuals at risk for recurrent UTI. (Amayun, 2021)The geriatric population is exceptionally at risk for recurrence due to not drinking enough fluids, incontinence, wearing adult diapers, and inadequate cleaning. (Gilbert et al., 2022)

The suggested first-line antibiotics to treat uncomplicated UTIs are nitrofurantoin, sulfamethoxazole-trimethoprim, or fosfomycin. (Amayun, 2021) However, other antibiotics such as fluoroquinolones can also be used. Patients that receive antibiotics such as sulfonamides and fluoroquinolones should be warned about the risk of sunburn and sun sensitivity. Individuals can provide symptomatic relief with antipyretic (acetaminophen) and anti-inflammatory (ibuprofen). Sometimes the practitioner will prescribe phenazopyridine to