

TARGET Treating Your Urinary Tract Infection (UTI) Leaflet for women under 65 A step-by-step guide on how to manage your infection User Guide

Summary

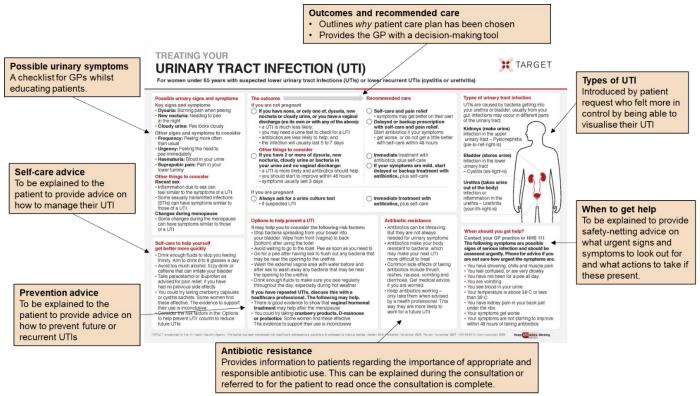
Patient leaflets outlining the typical presentation of urinary tract infections and information about preventative and self-care measures and when to re-consult can result in reduced antibiotic prescribing. The TARGET Treating Your Urinary Tract Infection (TY-UTI) Leaflet was developed as a tool to share with patients in the consultation to educate them about using antibiotics responsibly.

What are the aims of the Treating Your Urinary Tract Infection (UTI) leaflet?

The leaflet aims to give information for women under 65, in line with NICE guidance on:

- Possible signs and symptoms of a UTI
- How people can self-care
- Explicit advice on when to seek medical help
- Appropriate antibiotic use and the side effects of antibiotic

Overview of the leaflet



To use this leaflet properly, it is important that it is used as a tool to interact with patients, rather than as a 'parting gift'. In order to do this effectively you should be familiar with its content.

Why develop a leaflet for UTIs?

Mandatory surveillance has indicated an alarming rise in rates of E.coli bacteraemia, from 60.4 to 66.2 per 100,000 population, between 2012 and 2015. Gram-negative species are now also becoming a clinical reality for GP staff, due to the difficulties in treatment associated with the limited number of effective oral antibiotics in antibiotic-resistant UTIs. This is leading to increasing treatment failures, and a rise in E.coli bacteraemias. Women that experience recurrent episodes (3 in the past 12 months) are more likely to present with an antibiotic resistant infection. By improving self-care, this could reduce recurrent infections and improve the women's health and wellbeing.

Patient satisfaction is more related to having a careful examination and having concerns identified and addressed than to receiving a prescription for antibiotics. This provides a great opportunity to share information with patients and reassure them. We know how busy prescribers are, and how important it is to use precious consultation time efficiently.

Therefore, we have developed a leaflet to share with patients presenting with urinary symptoms suggesting a non-complicated UTI.

NICE alignment

The TARGET TY-UTI leaflet specifically relates to the following NICE guidelines:

- NG109 | Urinary tract infection (lower): antimicrobial prescribing | Guidance | NICE: 1.2.1, 1.2.2, 1.2.3, 1.3, 1.4, 3.1, 3.2
- NG112 | Urinary tract infection (recurrent): antimicrobial prescribing | Guidance | NICE: 3.1, 3.2

We are happy to receive feedback about how you have used this leaflet and any constructive comments on how it can be improved. Please contact us at TARGETantibiotics@ukhsa.gov.uk.