

# Taddle Creek

### **MEDICAL DIRECTIVE**

### **Family Health Team**

Title: Uncomplicated Urinary Tract Infection

Activation Date: 18-September-2011 Review Date: 03-November-2021

Next Review Date: 03-November-2022

**Sponsoring/Contact** Victoria Charko

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416-260-1315 x 307

# Order and/or Delegated Procedure: Appendix Attached: X No Yes Title:

Using this directive, the implementer is able to assess, diagnose and treat uncomplicated urinary tract infections (UTIs) during in-person patient encounters.

Recipient Patients:

Appendix Attached: \_\_ No \_X \_Yes

Title: Appendix A – Authorizer Approval Form

Recipients must:

- Be active patients of a TCFHT primary care provider who has approved this directive by signing the Authorizer Approval Form
- Be female and 16 years of age or older
- Meet the conditions identified in this directive

Authorized Implementers:	Appendix Attached: No _X _Yes
•	Title: Appendix B – Implementer Approval Form

Implementers must be TCFHT-employed Regulated Health Care Providers or Physician Assistant (under the supervision of a physician).

Implementers must complete the following preparation and sign the Implementer Approval Form:

- Assess own knowledge, skill and judgment to competently assess, diagnose and treat uncomplicated urinary tract infections
- Review "Acute simple cystitis in women" from UpToDate, accessible from https://www.uptodate.com/contents/acute-simple-cystitis-in-women
- Review guidelines for collecting a clean catch (midstream) urine specimen, accessible from https://medlineplus.gov/ency/article/007487.htm
- Obtain most recent edition of "Anti-infective Guidelines for Community-acquired Infections" (Anti-Infective Review Panel, 2019) and review the Acute Urinary Tract Infection – Female: Uncomplicated section. Can be purchased from https://www.mumshealth.com/guidelines-tools/anti-infective.
- Review page 1 of "Antibiotics & Common Infections: Stewardship, Effectiveness, Safety & Clinical Pearls", accessible from https://www.pharmacists.ca/cpha-ca/assets/File/education-practiceresources/WebinarSlideDeck/2017/AntibioticsCommonInfectionsNewsletter2016.pdf
- Review mechanisms of action of recommended antibiotics in pharmacology reference textbook and/or Compendium of Pharmaceuticals and Specialties (CPS)
- An authorizing Primary Care Provider must supervise 3 cases

Indications:	Appendix Attached: X No Yes
	Title:

- Female patients presenting with 1 or more of the following: dysuria, frequency, urgency, suprapubic pain or pressure
- Midstream urine specimen reveals presence of leukocytes (more than trace amount) or presence of nitrites (any positive, including trace amount) on testing with chemical reagent strip
- Temperature < 38.0°C without antipyretics

#### **Contraindications:**

- Male, under 16 years of age, pregnant, patients with diabetes and/or severe or complex medical issues
- Temperature > 38.0°C, chills, vomiting, flank pain or presence of costovertebral angle tenderness
- Patient has a history of urinary calculus
- Patient has a history of frequent UTIs (> 3 in the last year)

For patients presenting with the above contraindications, the implementer obtains history, performs a physical assessment, documents findings and consults with a physician or nurse practitioner in a timely manner for further direction on patient care.

Consent:	Appendix Attached: X No Yes
	Title:

- Patient's consent is implied for implementer to assess and treat uncomplicated UTI, as patient
  has presented seeking treatment and is a Family Health Team patient where interprofessional
  practice is expected
- Patient informed of purpose of testing, as well as when results will be available and that they will be informed of results
- Patient is able to give informed consent and is cooperative
- Patient is informed of the importance of up-to-date contact information in the event of positive results

# Guidelines for Implementing the Order/Procedure:

Appendix Attached: \_\_\_ No \_X Yes

**Title:** Appendix C – Sample Lab Requisition Appendix D – Sample Prescription

For assessment and treatment of patients who meet the **Indications** described above:

- Implementer performs assessment including:
  - History (presenting symptoms; urine characteristics; LMP to confirm the patient is not pregnant; past history of UTI and treatment; allergies to antibiotics)
  - Assessment bilaterally for costovertebral angle tenderness to rule out pyelonephritis
  - Temperature
- Implementer obtains a midstream urine sample and applies patient label to specimen bottle. Urine specimen should then be tested with chemical reagent strip using aseptic technique.
- Assess urine characteristics with the sample provided
- If midstream urine specimen reveals presence of leukocytes (more than trace amount) or presence of nitrites (any positive, including trace amount), implementer communicates with patient that she likely has a UTI
- Implementer documents the assessment in the EMR using the TCFHT-MD07 stamp
- Implementer prepares lab requisition for urinalysis and culture & sensitivities using the supervising primary care provider initials in Practice Solutions
- Lab requisition should be signed as below:
  - Signature
  - Implementer Name/Primary Care Provider Name (Medical Directive TCFHT-MD07)
- Implementer prepares prescription using the supervising primary care provider initials in Practice Solutions
  - Implementer will treat with first line options only, as outlined in the "Acute Urinary Tract Infection – Female: Uncomplicated" section of the most recent edition of Anti-infective Guidelines for Community-acquired Infections
  - If patient has had UTI in past 3 months, consider using a different antibiotic than with which previously treated
  - If patient has had UTI in past 1 month, must repeat urine culture & sensitivities and treat based on results
- Prescription should be signed as below:
  - Signature

- Implementer Name/Primary Care Provider Name (Medical Directive TCFHT-MD07)
- Implementer provides patient with education about common side effects of the antibiotic prescribed, when to expect resolution of symptoms, when to seek further medical assistance, and prevention of future UTIs (frequent voiding, increasing fluid consumption, perineal hygiene, voiding after sexual activity, potential benefits of pure cranberry juice)
- Implementer to follow up with lab results promptly when available and review with the patient's primary care provider

#### **Documentation and Communication:**

Appendix Attached: \_\_\_ No \_X \_Yes
Title: Appendix E – TCFHT-MD07Uncomplicated\_Urinary\_Tract\_Infection Stamp

- Documentation in the patient's EMR needs to include: name and number of the directive and name of the implementer (including credentials) using the following PS Stamp: TCFHT-MD07 Uncomplicated Urinary Tract Infection
- Information regarding implementation of the procedure and the patient's response should be documented in the patient's EMR in accordance with standard documentation practice (College of Nurses, 2008).
- Standard documentation is recommended for prescriptions, requisitions and requests for consultation
- Implementer will send a message in Practice Solutions to patient's primary care provider, notifying him/her that patient was seen and to review note in EMR for details

### **Review and Quality Monitoring Guidelines:**

Appendix Attached:	<u>X</u> No	_ Yes	
Title:			

- Routine review will occur annually on the anniversary of the activation date. Review will involve a
  collaboration between the authorizing primary care providers and the authorized implementers.
- At any such time that issues related to the use of this directive are identified, TCFHT must act
  upon the concerns and immediately undertake a review of the directive by the authorizing
  primary care providers and the authorized implementers.
- This medical directive can be placed on hold if routine review processes are not completed or if
  indicated for an ad hoc review. During the hold, implementers cannot perform the procedures
  under authority of the directive and must obtain direct, patient-specific orders for the procedure
  until it is renewed.
- If new information becomes available between routine reviews, such as the publishing of new "Anti-infective Guidelines for Community-acquired Infections", and particularly if this new information has implications for unexpected outcomes, the directive will be reviewed by the authorizing physician/nurse practitioner and a mimimum of one implementer.

#### References:

Anti-infective Review Panel. (2019). *Anti-infective guidelines for community-acquired infections.* Toronto: MUMS Health Clearinghouse.

College of Nurses of Ontario. (2008). *Practice Standard: Documentation*. Retrieved from https://www.cno.org/globalassets/docs/prac/41001 documentation.pdf

Hooton, T., & Gupta, K. (2021). *Acute Simple Cystitis in Women*. Retrieved from https://www.uptodate.com/contents/acute-simple-cystitis-in-women

MedLine Plus. (2021). *Clean catch urine sample*. Retrieved from https://medlineplus.gov/ency/article/007487.htm

Rx Files. (2016). Antibiotics & Common Infections. Stewardship, Effectiveness, Safety & Clinical Pearls. Retrieved from https://www.pharmacists.ca/cpha-ca/assets/File/education-practice-resources/WebinarSlideDeck/2017/AntibioticsCommonInfectionsNewsletter2016.pdf.

#### NOTE:

This medical directive is based on TCFHT's previous medical directive RN-1UTI entitled, "Assessment, Diagnosis, and Treatment of Uncomplicated Urinary Tract Infections (UTI)," which required revision in formatting to reflect the growth of the TCFHT organization. The majority of the content of RN-1UTI has remained the same for the revised TCFHT-MD07 version. Therefore, all approved Implementers and Authorizers for medical directive RN-1UTI "Assessment, Diagnosis, and Treatment of Uncomplicated Urinary Tract Infections (UTI)" have grandfathered approval for TCFHT-MD07 "Uncomplicated Urinary Tract Infection."

# Appendix A:

# **Authorizer Approval Form**

Name	Signature	Date
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# **Appendix B:**

# **Implementer Approval Form**

To be signed when the impl	ementer has completed the required	preparation, and feel they have the
knowledge, skill, and judger	ment to competently carry out the act	ions outlined in this directive.
Name	Signature	Date

# **Appendix C:**

# **Sample Lab Requisition**

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### **Appendix D:**

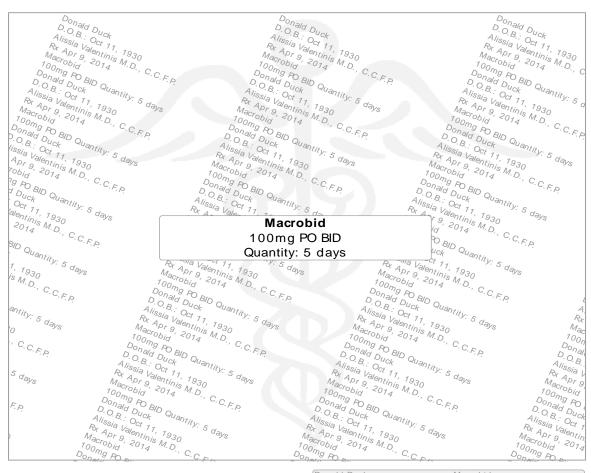
### **Sample Prescription**

Alissia Valentinis M.D., C.C.F.P CPSO #79090 790 Bay Street Suite 522, Box 58/59 Toronto, Ontario M5G 1N8 Tel: 416-591-1222 Fax: 416-591-1227

Y For:

Donald Duck 187 Bay Street Toronto, ON N4N 5J5

DOB: Oct 11, 1930 M 416-555-5555 (H) Apr 9, 2014



Donald Duck
DOB CR 11, 1930
Alignor Valenthis M. D. F.P. Donald Duck
RV Apr 5, 2014
Macrobid
100mg FO BID Quantity: 5 days

Professional ID:

Alissia Valentinis M.D., C.C.F.P.

### **Appendix E:**

### TCFHT-MD07\_Uncomplicated\_Urinary\_Tract\_Infection Stamp

#### S:

- Hx of «dysuria,» «urinary frequency,» «urgency,» «suprapubic pain/pressure» X days
- No «fever,» «vomiting,» «back pain»
- «- LMP: ●»
- «- No hx of urinary calculus»
- ««- UTIs in the past year«, most recent UTI «weeks» «months» ago»»»
- «Confirmed NKDA» «Allergies to noted»

#### 0:

- T: ●
- «No» «Positive» CVA tenderness
- Urine dip: leuks, nitrites, protein, blood
- Urine characteristics: «clear,» «cloudy,» «hematuria,» «foul smell»

A: «Symptoms consistent with UTI»

#### P:

- «- Urine sent to lab for C&S and urinalysis»
- «- Rx for given»
- «- Reviewed methods of UTI prevention proper perineal care, good hydration, not holding urine and voiding immediately after sexual activity; discussed benefits of cranberry juice.»
- RTC if symptoms persist or worsen, or if develops fever, vomiting or back pain
- Advised to complete full course of abx, even if symptoms improve/resolve
- Provider to follow up with urine test results

<sup>\*</sup>actions and interventions in accordance with Medical Directive TCFHT-MD07