

Taddle Creek

MEDICAL DIRECTIVE

Family Health Team

Title:	Uncomplicated Urinary Tr Infection for In-Person Encounters	act Number:	TCFHT-MD07				
Activation Date:	18-September-2011	Review Date:	Apr 17, 2024				
Next Review Date:	Apr 17, 2025	<u> </u>					
Sponsoring/Contact Person(s) (name, position, contact particulars):	Vicki McGregor 790 Bay Street, Suite 300/3 Toronto, Ontario M5G 1N8 416-960-1366						
	Dr. Alissia Valentinis 790 Bay Street, Suite 522 Toronto, Ontario M5G 1N8 416-591-1222	3					
	Cheryl Dobinson, Executive Director – cdobinson@tcfht.on.ca 790 Bay Street, Suite 306 Toronto, Ontario M5G 1N8 416-260-1315 x 307						
Order and/or Delegat	ed Procedure:	Appendix Attached: X N	oYes				

Recipient Patients: Appendix Attached: __No _X_Yes

tract infections (UTIs) during in-person patient encounters.

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

Using this directive, the implementer is able to assess, diagnose and treat uncomplicated urinary

- Be female (sex-assigned-at-birth), at least 16 years of age and under 75 years of age
- Meet the conditions identified in this directive

Authorized Implementers:	Appendix Attached: No _X_ Yes
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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 females" from UpToDate, accessible from https://www.uptodate.com/contents/acute-simple-cystitis-in-females
- Review pages 1-3, 9-16 of "Antibiotics & Common Infections ABX-2: Uncomplicated Cystitis & Skin" accessible from https://www.rxfiles.ca/rxfiles/uploads/documents/ABX-2-Newsletter-Cystitis-and-SSTI.pdf
- 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)
- Provide appropriate triage, assessment and diagnosis and generate a comprehensive plan of care, in consultation with, and under the direct supervision of an authorizer of this directive, for a minimum of 3 patients presenting with a concern for a possible uncomplicated lower urinary tract infection

Indications:	Appendix Attached: X No Yes
	Title:

All three indications are required to proceed with the medical directive:

1. Female (sex-assigned-at-birth) patients, ages 16-75, meeting clinical criteria for a probable uncomplicated lower urinary tract infection

Clinical Criteria for Probable Uncomplicated Lower Urinary Tract Infection

Patient presents with one or more of the following symptoms:

- Dysuria
- Urinary frequency
- Urinary urgency, with or without incontinence

And could be accompanied by the following symptoms:

- Suprapubic pain or pressure
- Hematuria that is not explained by menses
- Cloudy appearance of urine
- 2. 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
- 3. Temperature < 38.0°C without antipyretics

Contraindications:

- Age less than 16 years or greater than 75 years
- Male sex or male sex-assigned-at-birth
- The presence of one or more symptoms suspicious for a <u>complicated</u> urinary tract infection including temperature > 38.0°C or 100.4F, nausea and/or vomiting, middle back or flank pain that is constant and does not change with position
- Known pregnancy, late or unknown last menstrual period (LMP)
- Chronic kidney disease (CKD) and an eGFR <60ml/min
- Severe or complex medical issues (e.g. immunosuppressive therapies, active cancer, uncontrolled diabetes, etc.)
- More than 3 urinary tract infections in the last year
- On antibiotic prophylaxis for chronic urinary tract infections
- Patient has a history of renal calculi

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	Appendix Attached: No _X Yes			
	Title: Appendix C – Guidance for Prescribing Antibiotics			
	Appendix D – Sample Lab Requisitions			
	Appendix E – Sample Prescription			

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

- Implementer performs assessment including:
 - History (presenting symptoms; urine characteristics; LMP; 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. Implementer provides the patient with education about when to expect laboratory results.
- Lab requisition should be signed as below:
 - Signature
 - Implementer Name/Primary Care Provider Name (Medical Directive TCFHT-MD07)
- If indicated and per implementer's clinical judgment, include first-void NAAT urine testing for gonorrhea and chlamydia on both the Ministry of Health and Public Health requisitions (Appendix D). Risk factors for gonorrhea and chlamydia include sexually active youth 25 years old and younger, history of prior sexually transmitted infection (STIs), new sex partner in the past 60 days, multiple partners or having a sex partner with multiple concurrent partners, sex with partners recently treated for STI, no or inconsistent use of condoms outside of a mutually monogamous partnership, trading sex for money or drugs, sexual contact with sex workers, meeting anonymous partners on the Internet.
- Implementer selects an antibiotic based on the clinical guidance provided in Appendix C and generates a prescription authorized by the primary care provider or consulting provider.
 Implementer will consult the PCP or pharmacist if guidance or clarification on selecting an antibiotic is needed.
 - 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 counsels the patient about the potential for allergic reaction, medication side effects and confirms they understand when to initiate the first dose of antibiotic, the dosing frequency, duration of therapy and the need to complete the entire treatment even if they start to feel better.

- Implementer ensures the patient has a clear understanding of when to expect symptom improvement (within 24-48 hours of starting antibiotics), signs and symptoms of a worsening infection (temperature > 38.0°C or 100.4°F, nausea and/or vomiting, middle back or flank pain that is constant and does not change with position), and to seek medical assistance if their symptoms are not improving within 48 hours or are worsening.
- Implementer educates all patients on evidence-based strategies to prevent UTIs including regular voiding, adequate fluid intake of a minimum of 1.5L/day, and voiding immediately after intercourse.

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 F – 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:	Х	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 that will significantly impact patient outcomes (e.g. changes to best practice for management of uncomplicated UTI, medication safety alerts, etc.) becomes available at any time prior to the review date, 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

Gupta, K. (2022). *Acute Simple Cystitis in Females*. Retrieved from https://www.uptodate.com/contents/acute-simple-cystitis-in-females

MedLine Plus. (2023). *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

Rx Files. (2017). *Antibiotics & Common Infections. ABX-2: Uncomplicated Cystitis & Skin*. Retrieved from https://www.rxfiles.ca/rxfiles/uploads/documents/ABX-2-Newsletter-Cystitis-and-SSTI.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 implementer ha	as completed the required preparation, an	d feel they have the
knowledge, skill, and judgement to cor	npetently carry out the actions outlined in	this directive.
Name	Signature	Date

Appendix C:

Guidance for Prescribing Antibiotics

- 1. Confirm any drug allergies with the patient prior to selecting an antibiotic. Avoid any antibiotic that is within the same drug class as the patient's allergy.
- 2. Clarify if the patient has had any antibiotics in the last 3 months. If they have taken antibiotics, select an alternative drug class.
- 3. If the patient has had a previous UTI, review previous urine cultures in the chart. If there is a history of an antibiotic-resistant pathogen, select an alternative class.
- 4. If you need guidance or clarification on choosing an alternative, consult with the PCP or pharmacist.

Antibiotic Choices for Uncomplicated UTI

	Antibiotic	Dose / Duration / Instructions	Contraindication / Notes
	Macrobid (Nitrofurantoin	100mg PO BID x 5 days	- Allergy to Macrobid (nitrofurantoin)
	Mono/microcrystals)		- Chronic Kidney Disease w/ eGFR < 60
			- History of previous UTI resistant to
			Macrobid (nitrofurantoin)
e	Fosfomycin	3G PO powder dissolved in ½	- Allergy to macrolides (erythromycin, etc.)
First Line	(macrolide class)	cup of cold water x 1 dose	- Chronic Kidney Disease w/ eGFR < 60
irst			- History of previous UTI resistant to
Т.			macrolides (gentamycin, etc.)
	Trimethoprim /	160/800 mg PO BID x 3 days	- Allergy to Sulfa drugs
	sulfamethoxazole		- History of previous UTI resistant to
	(TMP/SMX)		trimethoprim/sulfamethoxazole
	(Sulfa class)		
	Amoxicillin	500mg PO TID x 7 days	- Allergy to penicillins; *caution if history of
			allergy to cephalosporins;
4)			- History of previous UTI resistant to
Second Line			ampicillin
l b	Ciprofloxacin	250mg PO BID x 3 days	- Allergy to fluroquinolones
con			- History of previous UTI resistant to
Sec			ciprofloxacin
	Norfloxacin	400mg PO BID x 3 days	- Allergy to fluroquinolones
			- History of previous UTI resistant to
			ciprofloxacin
	Cephalexin	500mg PO BID x 7days	- Allergy to cephalosporins; *caution if
a			history of allergy to penicillins
Lin			- History of previous UTI resistant to
b			cefazolin
Third Line	Levofloxacin	250mg PO OD x 3 days	- Allergy to fluroquinolones
'			- History of previous UTI resistant to
			ciprofloxacin

^{*}Based on Anti-Infective Guidelines for Community-Acquired Infections (2019 ed.) by MUMS Health

Appendix D:

Sample Lab Requisitions

Ontario Ministry of Health and Long-Term Care Laboratory Requisition Requisitioning Clinician / Practitioner					Lat	oratory Use Only							
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	Glucose	□R	andom	Fastin	ng		CBC		Acute He	patitis			
	HbA1C						Prothrombin Time (INR)		Chronic H	Hepatitis			
	Creatinine (eG	FR)					Immunology	554	Immune Status / Previous Exposure				
	Uric Acid						Pregnancy Test (Urine)		Specify:	Hepatitis A			
	Sodium						Mononucleosis Screen			Hepatris B			
	Potassium						Rubella	☐ Hepatitis C ndividual hopatitis tests in the					
	ALT						Prenatal: ABO, RhD, Antibody Screen	"Other Tests" section below					
	Alk. Phosphata	use			- 1		(titre and ident. If positive)	- 6	Prostate Specific Antigen (PSA)				
	Bilirubin				1		Repeat Prenatal Antibodies		Total PSA	Free PSA			
	Albumin					Microbiology ID & Sensitivities Specify one b				below:			
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ALT				+									
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General Test Requisition

ALL Sections of this Form MUST be Completed

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? Tel:416-591-1222 Fax:416-591-1227	Public Health Unit Outbreak No.		
cc Doctor Information Name: Tel:	Public Health Investigator Information Name:		
Lab/Clinic Name: Fax: CPSO #:	Health Unit: Tel:		
3 - Test(s) Requested (Please see descriptions on reverse) Test: Enter test descriptions below	Hepatitis Serology		
Gonorrhea, chlamydia NAAT	Reason for test (Check (*) only one box): Immune status Acute infection Chronic infection Indicate specific viruses (Check (*) all that apply): Hepatitis A Hepatitis B Hepatitis C (testing only available for acute or chronic infection, no test for determining immunity to HCV is currently available)		
4 - Specimen Type and Site □ blood / serum □ faeces □ nasopharyngeal □ sputum ☑ urine □ vaginal smear □ urethral □ cervix □ BAL □ other - (specify)	Patient Setting		
5 - Reason for Test Magnostic immune status needle stick of follow-up prenatal or chronic condition immunocompromised post-mortem other - (specify)	Clinical Information fever		

For HIV, please use the HIV serology form. - For referred cultures, please use the reference bacteriology form. To re-order this test requisition contact your local Public Health Laboratory and ask for form number F-SD-SCG-1000. Current version of Public Health Laboratory requisitions are available at www.publichealthontario.ca/requisitions

The personal health information is collected under the authority of the Personal Health Information Protection Act, s.36 (1)(c)(iii) for the purpose of clinical laboratory testing. If you have question about the collection of this personal health information please contact the PHOL Manager of Customer Service at 416-235-6556 or toll free 1-877-604-4567. F-SD-SCG-1000 (08/2013)



Appendix E:

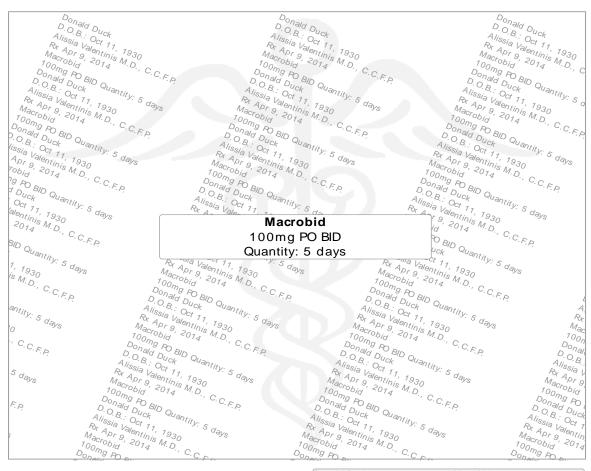
Sample Prescription

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

For: D

Donald Duck 187 Bay Street Toronto, ON N4N 5J5

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



Donald Duck
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Alignory Alenting M. Day
Rebekah: Barrett, RN930
Medical Directive TCFHT-MD07

Professional ID:

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

Appendix F:

TCFHT-MD07_Uncomplicated_Urinary_Tract_Infection Stamp

S:

- Hx of «dysuria,» «urinary frequency,» «urgency,» «suprapubic pain/pressure,» «cloudy urine» X days
- No «fever,» «nausea and/or vomiting,» «back pain»
- «- Back pain but not middle of back or flank, not constant, does change with position»
- «- LMP: •, not pregnant, menses not late»
- «- No chronic kidney disease»
- «- No severe or complex medical issues»
- «- No hx of renal calculi»
- ««- UTIs in the past year«, most recent UTI «weeks» «months» ago»», antibiotic taken •»
- «Confirmed NKDA» «Allergies to noted/updated in pt profile»
- «- No antibiotic use in the past 3 months» «- Antibiotics used in the past 3 months: •»

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»«, and chlamydia/gonorrhea NAAT for screening»; provider to f/u with results
- «- Rx for given for empiric treatment»
- «- Pt educated about potential allergic reaction to abx, abx side effects, dosing and need to complete abx course even if symptoms improve»
- «- Pt counselled to seek urgent medical care if symptoms not improving within 24-48hrs of starting abx or if symptoms worsening (temp > 38.0C or 100.4F, nausea and/or vomiting, middle back or flank pain that is constant and does not change with position)»
- «- Pt educated about evidence-based strategies to prevent UTIs including regular voiding, adequate fluid intake of a minimum of >1.5L/day, and voiding immediately after intercourse»

^{*}actions and interventions in accordance with Medical Directive TCFHT-MD07