## Sign & Symptoms

The following are common symptoms of UTI :

- Burning sensation or pain during urination
- Strong and constant urge to urinate
- Cloudy or milky urine, haematuria (blood in urine)
- Foul- smelling urine
- Abdomen, flank, or pelvic pain

Please call the helpline instantly if you have worsening symptoms such as:

- Fever
- Vomiting
- Nausea
- Pain during sexual intercourse
- Confusion

## How to Diagnose UTI?

**Dipstick test**

A urine test done by holding a diptick in the urine stream and observe on its colour changes. It can be purchased over the counter but the result has low reliability.

**Urinalysis**

A clinical urine test to examine the presence of white blood cells, red blood cells and bacteria in the urine sample.

**Urine culture**

A clinical urine test to examine the type of bacteria existing in the urine sample.


References

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3. Pujades-Rodriguez, M., West, R., Wilcox, M. and Sandoe, J.. Lower Urinary Tract Infections: Management, Outcomes and Risk Factors for Antibiotic Re-prescription in Primary Care. Lancet. 2019; 14: 23-31.
4. Cooper E, Jones L, Joseph A, Allison R, Gold N, Larcombe J, et al. Diagnosis and Management of UTI in Primary Care Settings—A Qualitative Study to Inform a Diagnostic Quick Reference Tool for Women Under 65 Years. Antibiotics. 2020;9(9):581.


# UTI

## URINARY TRACT INFECTION

Figure 1:
Urinary system structure.
VisibleBody.
https://www.visiblebody.com/learn/urinary/urinary-system-structures.

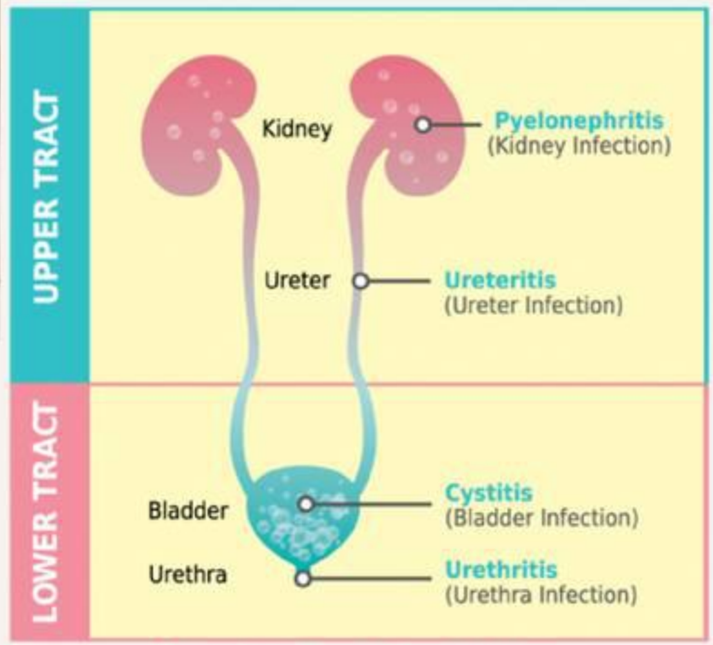
**Did You know!**
UTIs are one of the most common infections in seniors. Seniors with a UTI can experience more severe symptoms than younger people.

# Urinary Tract Infections in Older Adults

By Analisa Ma

## WHAT IS A UTI?

A urinary tract infection (UTI) is a bacterial or fungal infection in part of the urinary system, which includes the kidneys, ureters, bladder, and urethra.
(Urinary Tract Infection (UTI) - Symptoms and Causes - Mayo Clinic, 2022)



Urinary Tract Infection

## WHY ARE SENIORS SUSCEPTIBLE TO UTIS?

- An immune system weakened by time that increases susceptibility to any infection
- Reduced cognitive abilities and lower energy levels are issues that cause decreased hygiene and increased bacteria
- Lower fluid intake causing less frequent urination and urine being held in the bladder much longer
- Assortment of ailments that cause urinary retention.

(Suffering From a Urinary Tract Infection, 2022)