



Rebekah Teel 7-11-2022

Evaluation and management of (Urinary Tract Infection, UTI)

1. Definition or Key Clinical Information: Infections of the urinary tract including asymptomatic bacteriuria, acute cystitis, recurrent UTI, and pyelonephritis. Eschericia coli (E-coli) is the most common pathogen and may be present in as many as 90% of all UTI's in pregnancy. Prompt treatment of infection is necessary.

2. Assessment

a. Risk Factors

1. Previous UTI
2. Pregnancy (increasing parity)
3. Dehydration
4. Low socioeconomic status
5. Sick cell disease
6. Pregestational diabetes

b. Subjective Symptoms

1. Pain when urinating
2. Urinary urgency
3. Frequent urination
4. Dysuria
5. Hematuria
6. Bladder pain or pressure
7. Flank or low back pain
8. Cramping
9. Fever or chills
10. Nausea or vomiting
11. No symptoms

c. Objective Signs

1. Bacteria or WBC in urine
2. Hematuria
3. Fever
4. Bladder pain upon physical exam

d. Clinical Test Considerations

1. Urinalysis using a urine dipstick at prenatal appoints may identify some UTI's
2. Urine culture is necessary for proper diagnosis and treatment
3. Persistent dysuria or dysuria without bacteriuria could indicate need for STI testing

3. Management plan

a. Therapeutic measures to consider

1. Wear breathable cotton underwear

2. Wipe from front to back after using the restroom
3. Wash hands frequently
4. Urinate after sex
5. Void when needed, don't hold it
6. Proper hydration
7. Avoid irritants like coffee and carbonated beverages
8. Take antibiotics

b. Complementary measures to consider

1. Infusion of corn silk, cramp bark, marshmallow root/leaf, and cinnamon bark – Drink 1 cup 3 x daily for 3-5 days
2. Fennel, and /or plantain, and/or yarrow infusion – 1 cup 3 x daily for 3-5 days
3. Diffuse or apply with a carrier oil to inner thighs, mons pubis, or outer labia a blend of citrus oils (orange, tangerine, grapefruit, lemon)
4. Other oils to try include oregano, rosemary, and basil
5. Cranberry juice or other cranberry products may help treat or prevent UTI's

c. Considerations for pregnancy, delivery and lactation

1. Untreated UTI's may increase risk for premature labor, preterm birth and low birth weight infants
2. Antibiotics used to treat UTI's do not normally adversely affect pregnancy or breastfeeding, some are safer than others, discuss options with physician

d. Client and family education Discuss ways to prevent UTI's, natural at home treatments vs. antibiotics available, signs and symptoms to watch for, and when to call the midwife.

e. Follow-up

1. If not resolved with holistic treatment, antibiotics may be necessary
2. Repeat urine culture after treatment to confirm resolved
3. Repeat testing and treatment if any symptoms persist or return
4. Recurrent UTI's may require daily suppressive medication

4. Indications for Consult, Collaboration or Referral Collaborate with a physician for antibiotics. First choice for uncomplicated UTI Nitrofurantoin (Macrobid) 100 mg orally twice daily for 3-7 days.

5. References

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