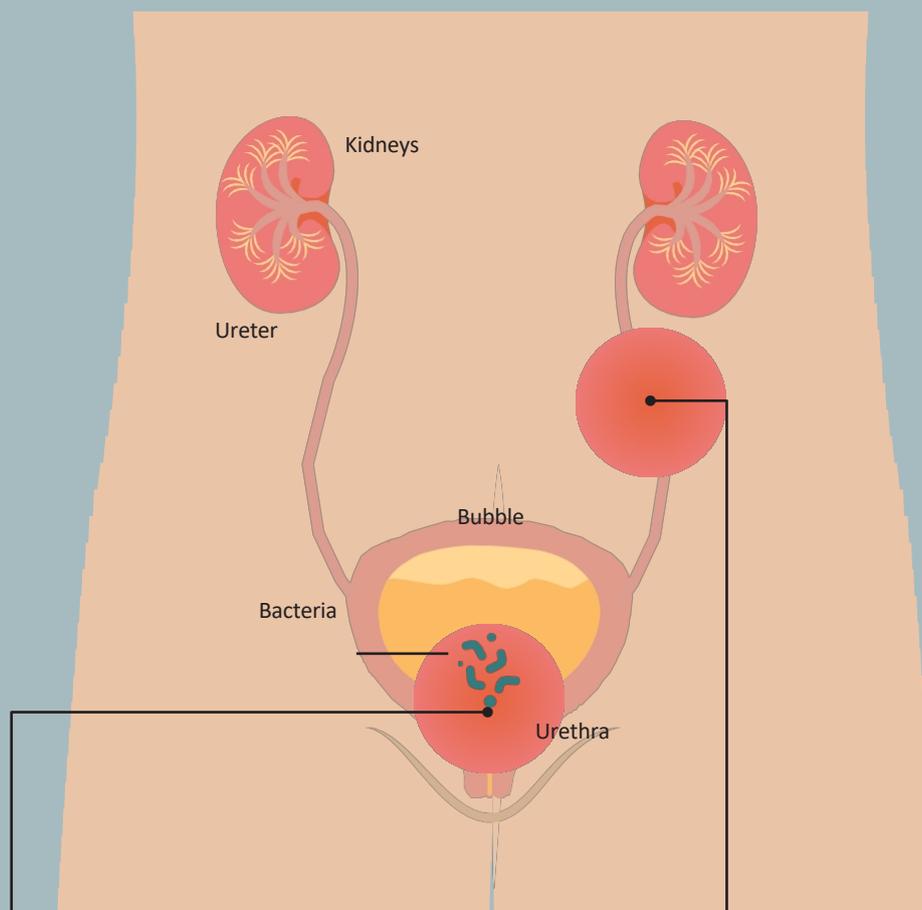


# Important information for carers

A bladder infection is not only painful, but can quickly become dangerous for care clients if it remains undetected. As a carer, you face the daily challenge of recognising small changes in your care clients that could indicate health problems. You are in particular demand when it comes to bladder infections, as these often go unnoticed and can have serious consequences. With the right knowledge, close observation and empathetic support, you can do a lot for the health of your care clients.

## What is cystitis and how does it differ from other urinary tract diseases?

**Urinary tract infection (UTI):** An umbrella term for infections in the urinary tract that can spread to the urethra, bladder or kidneys.



**Bladder inflammation (cystitis):** Inflammation of the bladder, often caused by bacteria that enter the bladder via the urethra. Symptoms include a burning sensation when urinating, cloudy urine or a frequent urge to urinate.

**Pyelonephritis:** A serious infection in which the bacteria ascend from the bladder into the kidneys. Symptoms include high fever, severe pain in the flank region and vomiting.





## Why does cystitis often go undetected in care clients?

- **Non-specific symptoms:** Older people often show confusion, restlessness or a general feeling of discomfort instead of the typical complaints.
- **Communication restrictions:** Care clients with dementia or stroke can experience pain or complaints are often not expressed.
- **Incontinence material:** symptoms such as a burning sensation or frequent urge to urinate are overlooked because they are not consciously perceived.



## Typical symptoms of cystitis

Bladder infections often manifest themselves with a variety of symptoms, which can vary in severity depending on the person and their state of health. It is particularly important to take unspecific symptoms seriously with older care clients:

**Frequent urge to urinate with small amounts of urine:** Care clients often have to go to the toilet but only pass small amounts of urine.

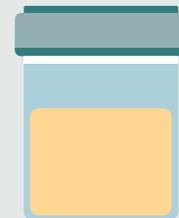


**Pain or burning when urinating:** A stinging or burning sensation that nursing clients often express through restlessness or reluctance to go to the toilet.

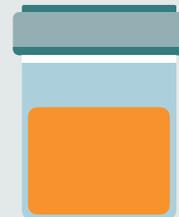


**Cloudy, dark or strong smelling urine:**

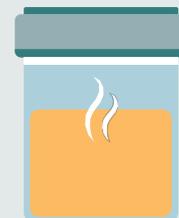
- **Cloudy:** milky or opaque urine.



- **Dark colour:** Indication of blood admixture.



- **Strong odour:** ammonia-like or putrid.



**Sensitivity to pressure in the lower abdomen:** pain or a feeling of pressure that can increase when urinating.

**Fever or chills:** Indication of a progressive infection.



**Back pain in the kidney area:** Warning signs of a possible inflammation of the renal pelvis.



**Non-specific signs in older people:** sudden confusion, irritability, withdrawal or loss of appetite.





## How you can act as a carer

**Regular observation:** Take careful note of any abnormalities in behaviour or excretion.



**Ensure hygiene:** Change incontinence material regularly. Always clean the intimate area from front to back. Ensure hygienic handling of catheters and drainage systems.



**Promote fluid intake:** Encourage care clients to drink enough (1.5-2 litres a day, in consultation with their doctor).



**Exchange ideas within the team:** Exchange ideas with your colleagues to recognise symptoms more quickly.



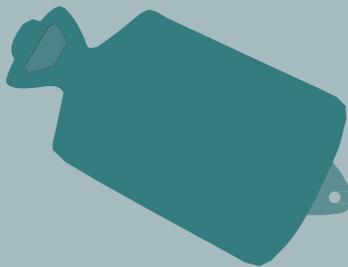
### **Inform the doctor:**

As soon as you notice any abnormalities, inform a caregiver, PDL or residential area manager so that the attending physician can be involved promptly.



## Practical tips to support your care customers

**Warmth:** Hot water bottles or warm underwear can relieve cramp-like pain.



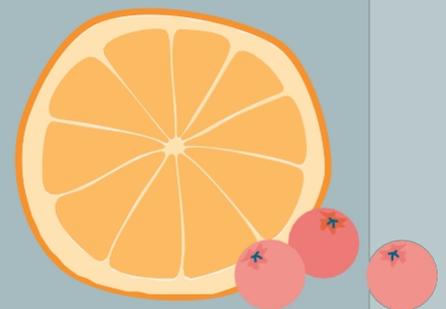
**Bladder teas:** Herbal teas such as camomile or special bladder teas support the healing process (after consultation with your doctor).



**A diet rich in fluids:** soups, stews or fruit rich in water help with hydration.



**Nutrition:** Provide customers with vitamin-rich rich foods such as cranberries or citrus fruits, which can inhibit bacterial growth.





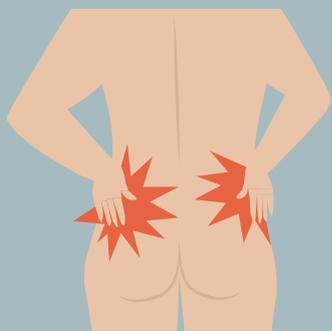
## Preventive measures against bladder infections

- Ensure careful intimate hygiene.
- Change incontinence material as soon as it is damp.
- Pay attention to the hygienic handling of catheters and Avoid unnecessary separation of bags and tubes.
- Encourage regular visits to the toilet and the Complete emptying of the bladder.
- Support a sufficient amount of drinking.

## Know when emergency measures are required

Quick action is required:

**Severe back pain and high fever:** an indication of pyelonephritis.



**Blood in the urine:** May indicate an advanced infection or other diseases.



**Sudden drop in blood pressure, rapid heartbeat or confusion:** Possible signs of sepsis.



### Conclusion:

Bladder infections can severely the quality of life of your care clients, especially if they not recognised in time. With a trained eye, good teamwork and targeted measures, you can make a decisive contribution to maintaining the health and well-being of your care clients. Be attentive - even small changes can an important indicator.

**Reading tip:** In issue 5-24 of "DurchblickPfleger", we explained how you should handle the catheter bag and the entire catheter drainage system to prevent urinary tract infections. If you no longer have this issue to hand, you can download it free of charge from the premium section of "DurchblickPfleger".

