

# **Teeswide Health and Social Care Infection, Prevention and Control Collaborative (TIPCC)**

**A collaboration between the local Authorities, Primary  
Secondary Care, CCGs across the Tees valley**

delivering the  
**Tees GNBSI Programme**

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# Prevention & Management of UTIs - Standardised resources developed and distributed to Primary Care, Secondary Care and Care Home sectors:

Don't use DIPSTICK FOR UTI diagnosis

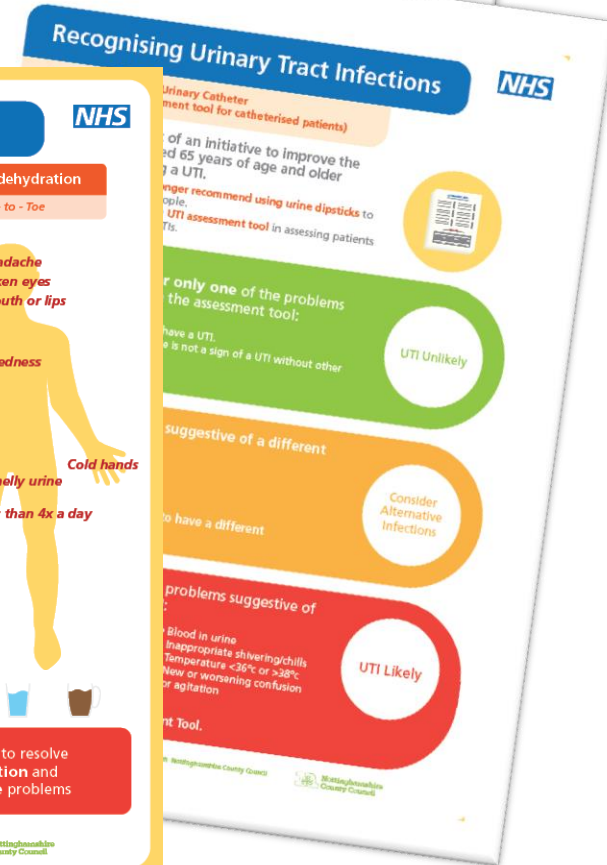
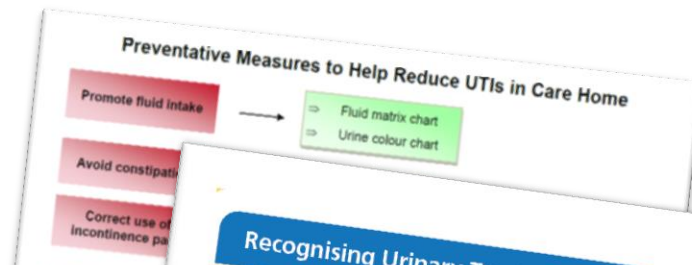
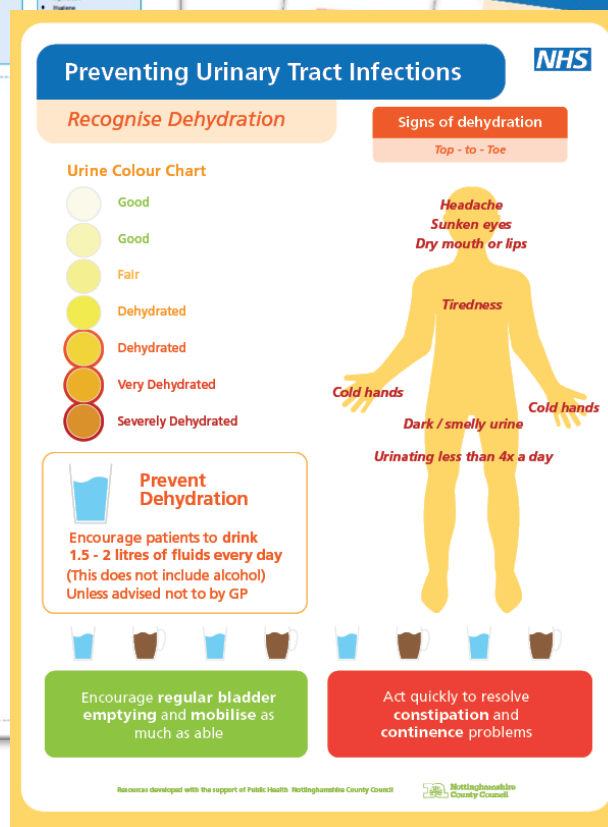
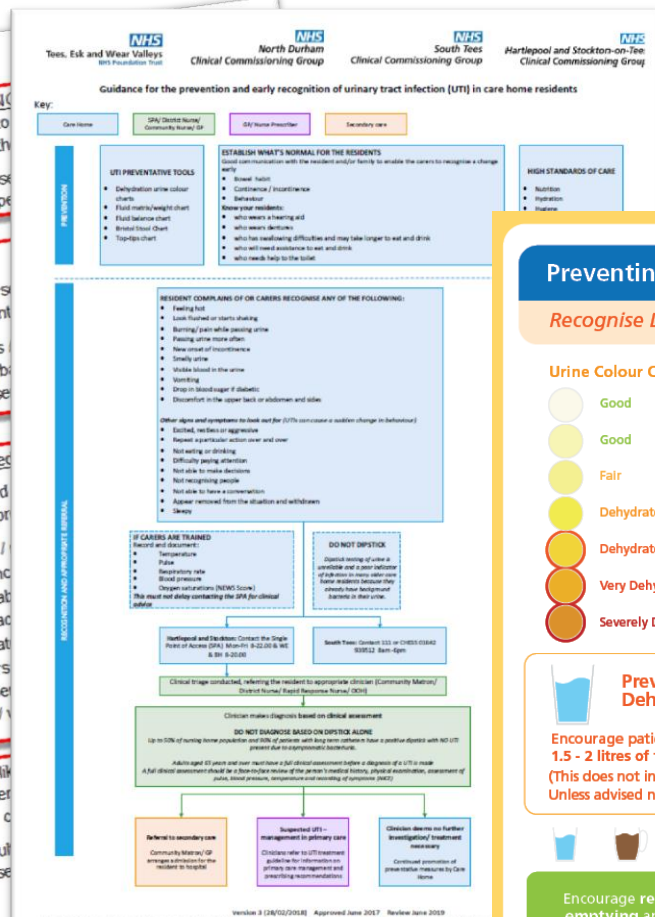
National Guidelines NO URINE DIPSTICKS to >65 years and in cath

If catheterised A CSU should be s following is present

Non-catheterised An MSU should following are pr

- Dysuria /
- Frequent
- Lower ab
- New bac
- Haemat
- Shivers
- Temper
- New / v

If UTI lik differ Consult se



## Education & Training

**GP & Nurse Time Out sessions** – focusing on UTIs & correct antibiotic treatments; stopping the use of “Dip Sticks” to test for UTIs in older patients; the importance of good hydration; providing educational resources such as slides for GP Practice waiting rooms.

- 120 South Tees GPs/Nurse Practitioners /Practice Managers attended September 2018's training event
- 60 Practice Nurses attended October 2019 Nurse Time Out re Hydration

**Care Home Training** - Linking with North Tees & Hartlepool Education Alliance training programme to ensure consistent messages about Hydration, using fluid matrix charts, urine colour charts etc.

Training delivered to:

- 27 homes in Stockton and
- 11 homes in Hartlepool
- 173 care workers have received Hydration & UTI prevention training

South Tees training programme delivered into South Tees Care Homes by IP&C Nurse:

- 25 sessions in Middlesbrough capturing 332 staff
- 37 sessions in Redcar and Cleveland capturing 441 staff
- Total staff 773

**Care Home Provider Forms** – Hydration awareness sessions delivered to Care Home Managers in multiple locations across Tees

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Clinical Commissioning Group

### Are you drinking enough?

Dehydration can increase your chances of you getting a Urinary Tract Infection. How can you make sure you don't become dehydrated?

 **Keep drinking**  
Aim to drink at least **6 – 8 cups** or mugs per day.  
Tea and coffee are OK, but try decaffeinated drinks later in the day.  
Eat foods that contain fluids like jelly, ice lollies, yoghurt, soups.  
Check your pee - it should be pale straw coloured.

 **Signs of dehydration**  
Dark urine, headaches, confusion, drowsiness, dry mouth or lips, dry skin, cold hands, constipation

 **Older people and young children**  
- May have difficulty swallowing or need help holding a cup  
- May not drink enough because they are worried about incontinence or not getting to the loo in time.




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### Are you drinking enough?

 Did you know that only drinking 2 glasses of fluid a day increases the chance of you getting a urine infection, headaches, constipation and you're more likely to fall?

 Drinking five glasses / mugs a day reduces your risk. Drinks containing alcohol or caffeine don't count because they can dehydrate you.

 Drinking eight or more glasses a day will help you stay well. (unless you're recommended less by your GP)

 Did you know that things like yogurt, jelly, fruit and ice lollies also count towards your target?





## Development of a Healthy Hydration leaflet for

- Care Homes & Domiciliary Care providers
- Home carers / carers support groups
- Primary Care (Practice Nurses / GP practices)
- Secondary Care (District Nurses / Falls teams / Trust discharge lounges / cafes / Outpatient areas)
- Local Authority initiatives / day centres / luncheon clubs / newsletters / websites
- Voluntary & associated health organisations (Age UK / RNIB)
- Fire brigade (Safe & Well visits)

## Links developed into the South Tees Integrated Falls Strategy

### Who is at high risk?

You, or someone you care for, may be at risk of dehydration if you:

- Are dependent on others for the provision of, or access to fluids
- Have swallowing problems
- Have a raised temperature

### What should you drink?

- Aim to drink at least 6 – 8 cups or mugs per day
- Any fluids eg milk, water, tea\*, coffee, fruit juice, except alcohol
- Also eat foods that contain fluids such as jelly, ice-lollies, yoghurt, soup, fruit such as melons
- Drink regularly through the day

\*Tea, coffee and some fizzy drinks contain caffeine which, if taken in large amounts, can contribute to dehydration such as decaffeinated tea

### Dehydration can lead to:

- Headache
- Dizziness leading to falls
- Constipation
- Pressure ulcers

### What to do if you are concerned about someone else?

You can help prevent dehydration by:

- Being aware of the early warning signs
- Sitting down and having a drink or cup of tea together
- Planning visits around mealtimes to understand if there are any difficulties with drinking
- Having a look in the fridge or cupboards to check there are enough things to drink
- Encouraging attendance at local community events

### Urine Colour Chart

Urine Colour	1	2	3	4	5	6	7	8
Healthy pee	Light yellow	Yellow	Dark yellow	Orange	Dark orange	Brown	Dark brown	Black

Drink more

### What else can you do to help?

- Empty bladder regularly throughout the day
- Get up and move about frequently to stimulate the urge to go
- Eat a well-balanced diet to prevent constipation
- Reduce your caffeine intake
- Ask for regular medication reviews

### Healthy Hydration

#### Spotting the signs of dehydration and simple first steps ...

#### What is dehydration?

Dehydration is when we don't drink enough fluids to maintain a healthy balance in our body.

Water makes up two thirds of our body. A healthy fluid balance is needed to help digestion, flush out waste and toxins and to keep the skin healthy.

Most people get dehydrated by not drinking enough fluids or by losing fluids and not replacing them.

## Contenance Review

Separate Task & Finish group set up to:-

- Review & update the Contenance Formulary, linking with Medicines Optimisation teams
- Involvement with the South Tees Community Contenance review
- Review and improve pad provision
- Improve access & timing of TWOCs / TROC (trial without or removal of catheters)
- Review and improve utilisation of catheter passport
- Education & Training around the catheter pathway / HOUDINI / good practice – Primary / Secondary / Care Home sectors
- Review and Improve community nursing documentation re catheters (catheter care)

### EXCELLENCE in Contenance Care

Practical guidance for commissioners, and leaders in health and social care

