




# Preventing urinary tract infections in older people

UK Health Security Agency | NHS

**Urinary Tract Infections (UTIs): know the symptoms**  
Information for older adults



## What is a UTI?

Urinary tract infections (UTIs) affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital.

Here are some symptoms you may experience with a UTI:

- **Needing to pee more frequently**, suddenly, or more urgently than usual.
- **Pain or a burning sensation** when peeing.
- **Needing to pee at night** more often than usual.
- **New pain** in the lower tummy.
- **New incontinence or wetting yourself** that is worse than usual.
- **Kidney pain** or pain in the lower back.
- **Blood** in the pee.
- **Changes in behaviour**, such as acting agitated or confused (delirium). This could be a symptom of a UTI but could also be due to other causes, which need to be ruled out.
- **General signs of infection**, like a fever, a high temperature or feeling hot and shivery, with shaking (rigors) or chills.
- **A very low temperature** below 36°C.

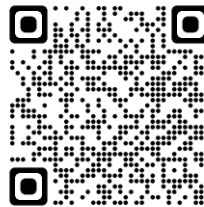
You may experience fewer of these symptoms if you have a urinary catheter.

What should you do if you think you have a UTI?

- **Ensure you are drinking enough fluids regularly** to avoid becoming dehydrated.
- **Contact a healthcare professional:** this could be your GP, nurse, the community pharmacist, a walk-in centre or the NHS 111 service.


Follow the link or scan the code for more information.

[Urinary tract infections \(UTIs\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)



# Smear clinic Saturday

We are holding a special smear clinic on **sat 9<sup>th</sup> March**. If you are due or overdue your smear, contact reception to book or self book by clicking the link if you are sent a text.



**A smear test lasts 5 minutes.**

The impact of cervical cancer lasts a lifetime.

Attend your smear test. Reduce your risk.

Jo's cervical cancer trust  
Call our helpline: **0808 802 8000**  
Find us online: [jostrust.org.uk](https://jostrust.org.uk)

# Health Promotion Time to talk day 1<sup>st</sup> Feb.

Time to Talk Day is the nation's biggest mental health conversation.

It's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. It's not always easy to tell people how you really feel. Sometimes it's easier to just say we're 'fine' than to open up.

1 in 4 of us will experience a mental health problem in any given year. Too many of us are made to feel isolated, worthless, and ashamed because of this. Start the conversation or seek help. Click the links for more support.



<https://actionforhappiness.org/10-keys>

<https://www.trentpts.co.uk/>

<https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire>

## Patients Know Best Portal

Sign up at <https://my.patientsknowbest.com> or via your NHS app (available to download from your mobile phone app store) to receive appointment letters, access to many useful resources, or to track and monitor your own health symptoms. The site can even be linked to your smart wearable devices.



## Meet the Team

### Emma Lowe – Community Midwife

Hi, I am Emma, one of the community midwives based at Coleman Street. I work across both Derwent Valley sites, with a caseload of around 60-70 pregnant patients at any given time. I see expectant mums from their initial booking appointment at about 8 weeks, all the way through to the birth, home visits and beyond.



## Thrive Tribe Derbyshire.

TYPE 2 DIABETES  
KNOW YOUR RISK

National Diabetes Prevention Programme

Did you know that this is available to people at considerable risk of developing Diabetes in later life?

This may include.

Ladies who have a history of Gestational Diabetes.

People who have a higher-than-normal amount of Glucose in their blood.

People who have a high number of close family members with Diabetes.

All patients who have a blood test result indicating a higher risk, will be notified by the surgery and offered a place on the programme.

We advise a visit or phone call with the practice diabetes nurses, who can make a referral for you, and offer advice on diet and lifestyle changes to prevent Diabetes. Alternatively, you can refer yourself by following the details on the letter you may receive or at the links below.

[hello@healthieryou.org.uk](mailto:hello@healthieryou.org.uk)

<https://healthieryou.org.uk/>



## NHS England Updates

Are you aged between 17 & 65? we need your help! Did you know that **1 blood donation (approx. 1 pint) = up to 3 lives saved?** If you are eligible to donate, this act of giving will take no longer than 10 minutes, and there is even a free drink and snack as a thank you!

**O Negative** is the most used blood type in hospital settings due to compatibility with others, but there is currently a shortage of donors of **black heritage**. Sickle cell and the **rare blood type RO** are more common within this ethnic group, which require a direct match.

For more information, please visit [my.blood.co.uk/your-account/where-to-donate](https://my.blood.co.uk/your-account/where-to-donate) or call the Donor Helpline on 0300 123 23 23. Thank you.

## Blood Donation



Follow Us on social media:



<https://www.facebook.com/derwentvalleymedicalpractice>