Urinary Tract Infection

Marta Neubauer, MD
Kara Denz Fluck, PA-C

Connecticut Children's

What is a Clinical Pathway?

An evidence-based guideline that decreases unnecessary variation and helps promote safe, effective, and consistent patient care.

Objectives of Pathway

- Decrease the variation in method of urine collection
- Improve accurate diagnosis of UTI using specific lab criteria
- Improve the use of appropriate antibiotic therapy in the inpatient and outpatient settings
- Standardize the use of renal bladder ultrasound for 1st time UTI
- Decrease use of voiding cysto-urethrogram (VCUG) as a first line imaging tool
- Outline appropriate follow up

Why is Pathway Necessary?

- It is the most common cause of serious bacterial infection in young infants
- Provides an evidence-based guideline that decreases unnecessary variations in collecting specimens, initiating antibiotics, and ordering imaging to help promote safe, effective, and consistent patient care
- New practice guidelines from the AAP for children ages 2-24 months released in 2011 and AAP reaffirmation of the guidelines in 2016
- Of note, the AAP guideline was since retired due to its inclusion of race/ethnicity-based recommendations, but many of the recommendations are supported by current literature
- For older children, the pathway is based on best practices and recommendations from CT Children's Emergency Department, Infectious Diseases, Nephrology, and Urology experts

Background

- UTI is a bacterial infection of kidneys, ureters, bladder and/or urethra.
- Common etiologies include: *Escherichia coli* (most common); *Klebsiella, Proteus, Enterococcus,* and *Enterobacter* species
- Risk factors that are associated with a UTI include:
  - Males:
    - Uncircumcised <1 year old
    - All <6 months old
    - Temperature >39°
    - Fever <24 hours
    - Absence of another source of infection
  - Females:
    - All <12 months old
    - Temperature >39°
    - Fever >2 days
    - Absence of another source of infection

Signs and Symptoms

- Signs and symptoms can include:
  - Nonspecific symptoms (e.g., fever, irritability)
  - Abdominal symptoms (e.g., pain, vomiting)
  - Back pain
  - Dysuria, frequency, urgency
  - New-onset urinary incontinence

Goals for Appropriate Treatment of UTI

- Elimination of UTI and prevention of acute complications (e.g., bacteremia)
- Prevention of recurrence and long term complications including hypertension, renal scarring, and impaired renal growth and function
- Relief of acute symptoms including fever, dysuria, and frequency

Imaging Goal

- To identify patients most susceptible to renal damage due to abnormalities such as obstructive uropathies, dilating Vesico-Ureteral Reflux (VUR), and other anomalies.
  - Scarring from repeated infections of the renal parenchyma leads to hypertension in 10-20% of patients
  - The risk for damage increases with every infection

Prophylaxis

- AAP Practice guideline does not recommend routine use of prophylactic antimicrobials following first febrile UTI

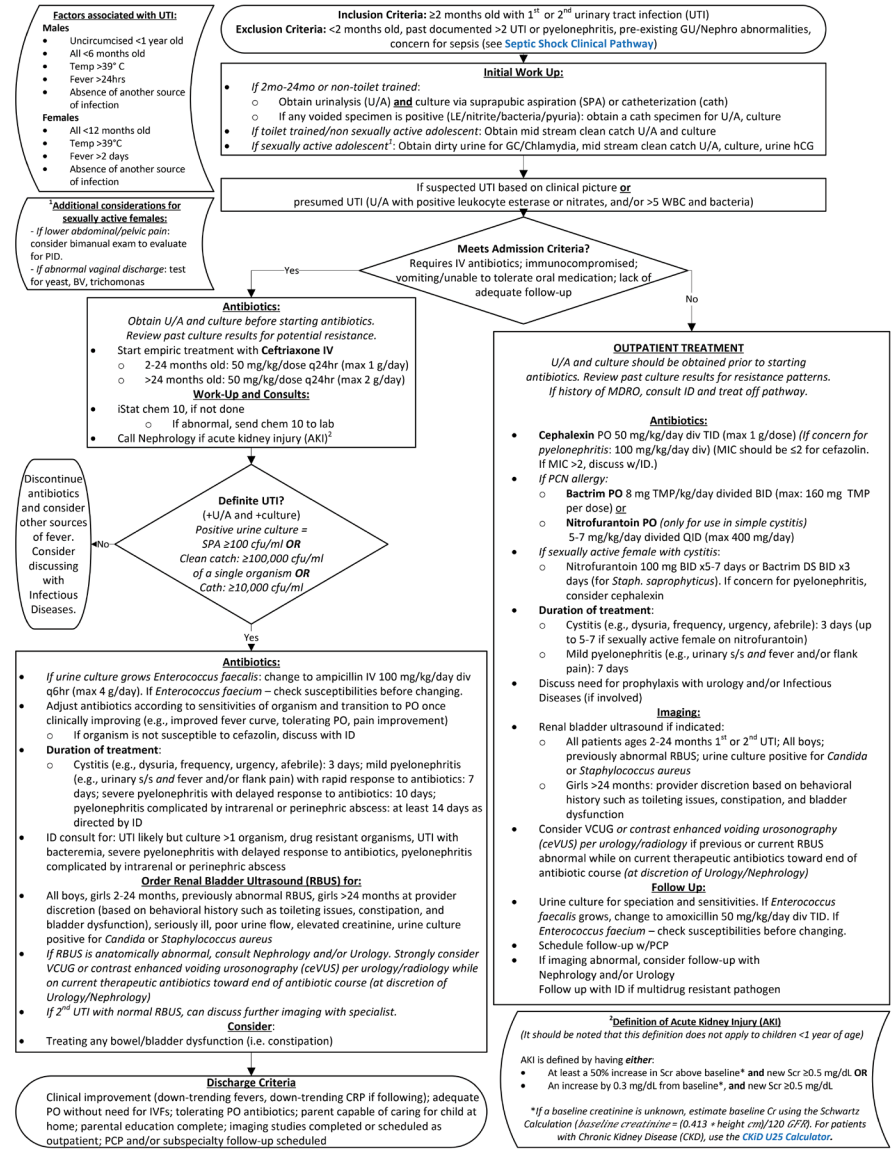
This is the Urinary Tract Infection Clinical Pathway.

We will be reviewing each component in the following slides.

CLINICAL PATHWAY:

Urinary Tract Infection (UTI)

THIS PATHWAY SERVES AS A GUIDE AND DOES NOT REPLACE CLINICAL JUDGMENT.



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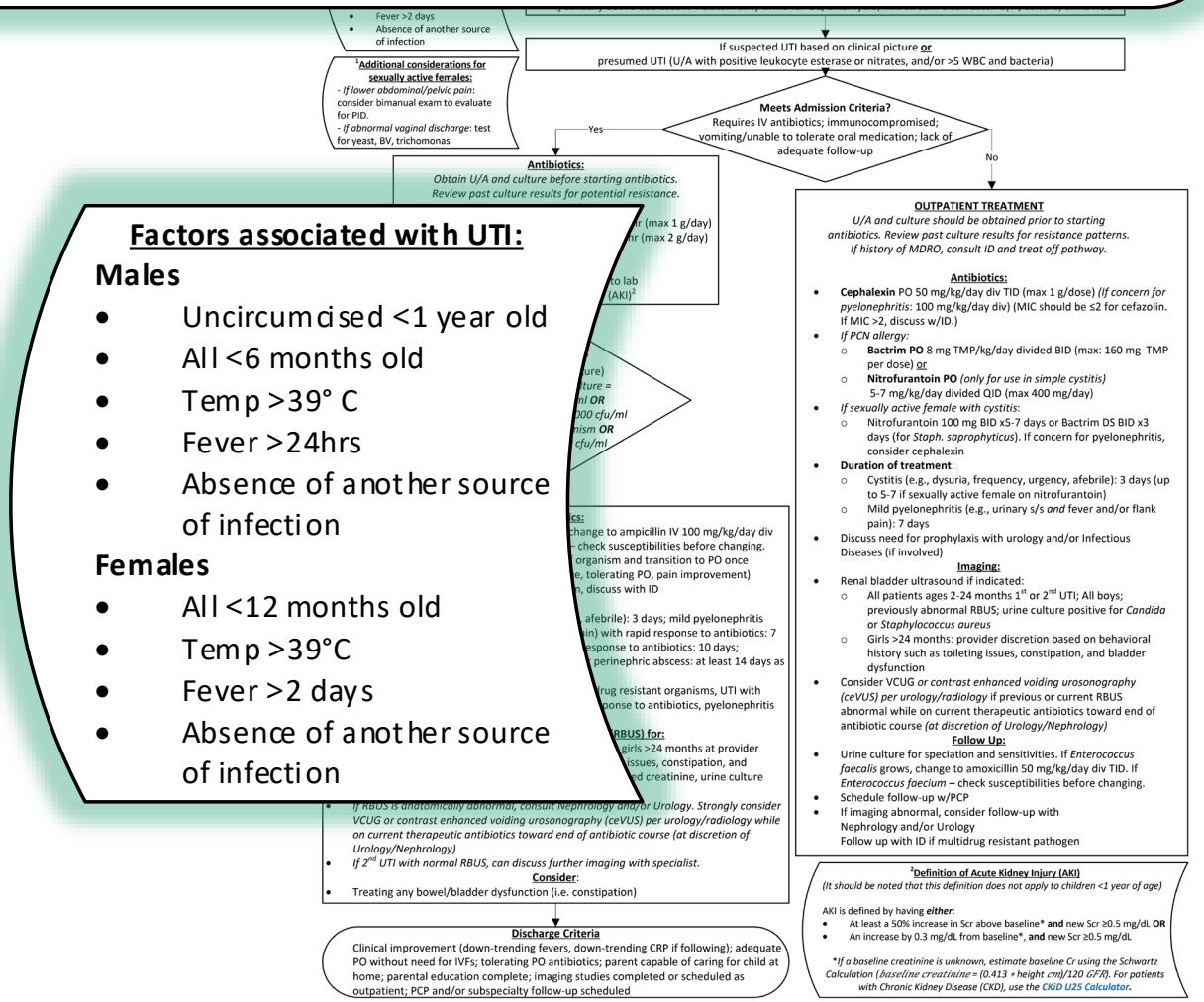
Inclusion Criteria: ≥2 months old with 1st or 2nd urinary tract infection (UTI)
Exclusion Criteria: <2 months old, past documented >2 UTI or pyelonephritis, pre-existing GU/Nephro abnormalities, concern for sepsis (see **Septic Shock Clinical Pathway**)

Inclusion Criteria:

- ≥2 months old with 1st or 2nd UTI
- Those with >2 previously documented UTI or pyelonephritis, pre-existing GU/nephro abnormalities, or concern for sepsis, should be excluded from the pathway.

Risk factors for UTI vary depending on gender

- Note: In support of the AAP's action to remove race-based medicine, CT Children's has removed race-based risk factors from this guideline



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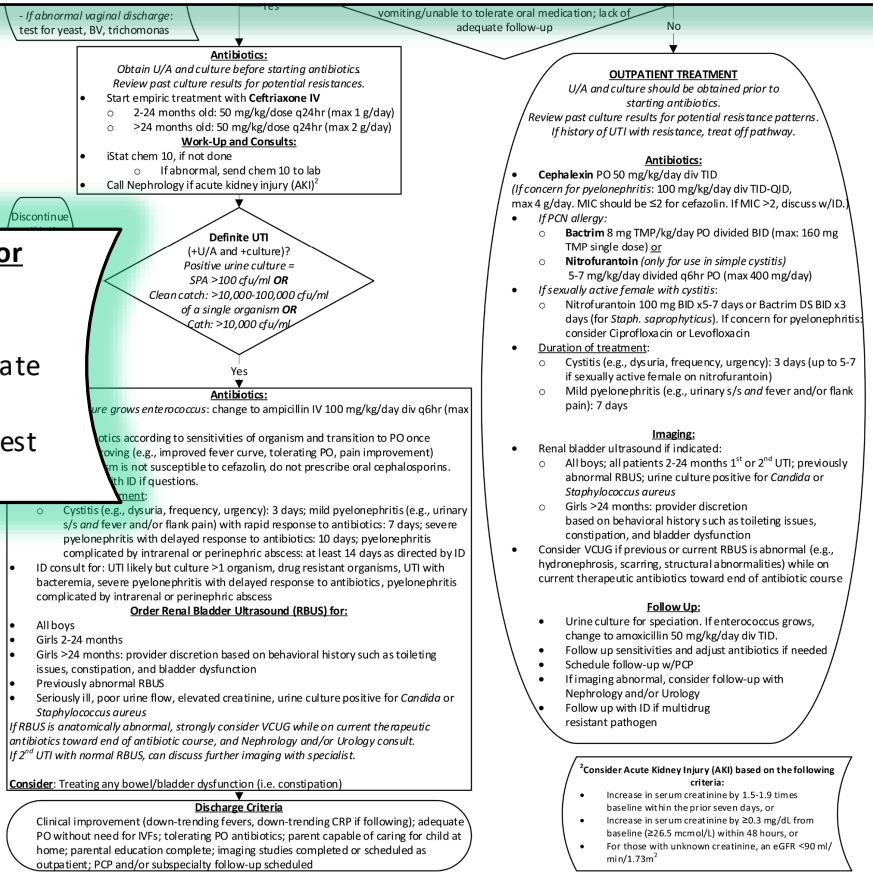
Specimen collection:

- If 2- 24mo old or non-toilet trained:
  - Obtain Suprapubic Catheterization (SPA) or catheterization (Cath) U/A and culture
- If toilet trained/non sexually active adolescent:
  - Clean catch U/A and culture
- If sexually active adolescent:
  - Dirty urine for GC/Chlamydia, clean catch U/A, culture, urine hCG
  - Consider other testing as indicated

Specimen collection should occur prior to antibiotic administration, unless there is concern for sepsis

Initial Work Up:

- *If 2mo-24mo or non-toilet trained*:
  - Obtain urinalysis (U/A) **and** culture via suprapubic aspiration (SPA) or catheterization (cath)
  - If any voided specimen is positive (LE/nitrite/bacteria/pyuria): obtain a cath specimen for U/A, culture
- *If toilet trained/non sexually active adolescent*: Obtain mid stream clean catch U/A and culture
- *If sexually active adolescent*[1]: Obtain dirty urine for GC/Chlamydia, mid stream clean catch U/A, culture, urine hCG



[1]**Additional considerations for sexually active females:**

- *If lower abdominal/pelvic pain*: consider bimanual exam to evaluate for PID.
- *If abnormal vaginal discharge*: test for yeast, BV, trichomonas

CONTACTS: MARTA NEUBAUER, MD | KARA DENZ FLUCK, PA

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CLINICAL PATHWAY:

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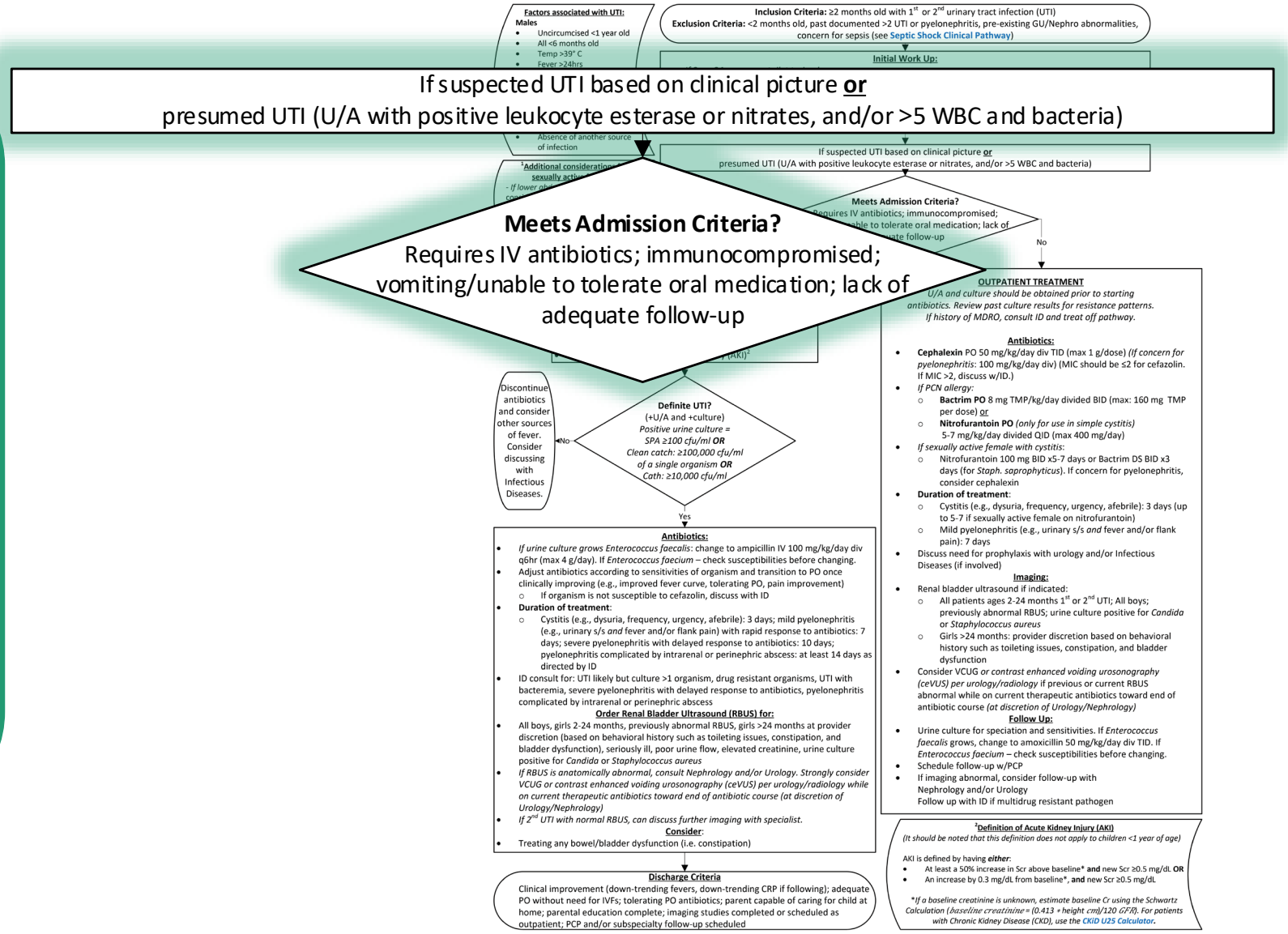
- A UTI is suspected based on the patient's overall clinical picture, or if there is a U/A with positive leukocyte esterase or nitrates, and/or >5 WBC and bacteria.
- Management then depends on if the patient meets admission criteria.
  - Most children older than 2 months can be safely managed as outpatients as long as they have good compliance & close follow up



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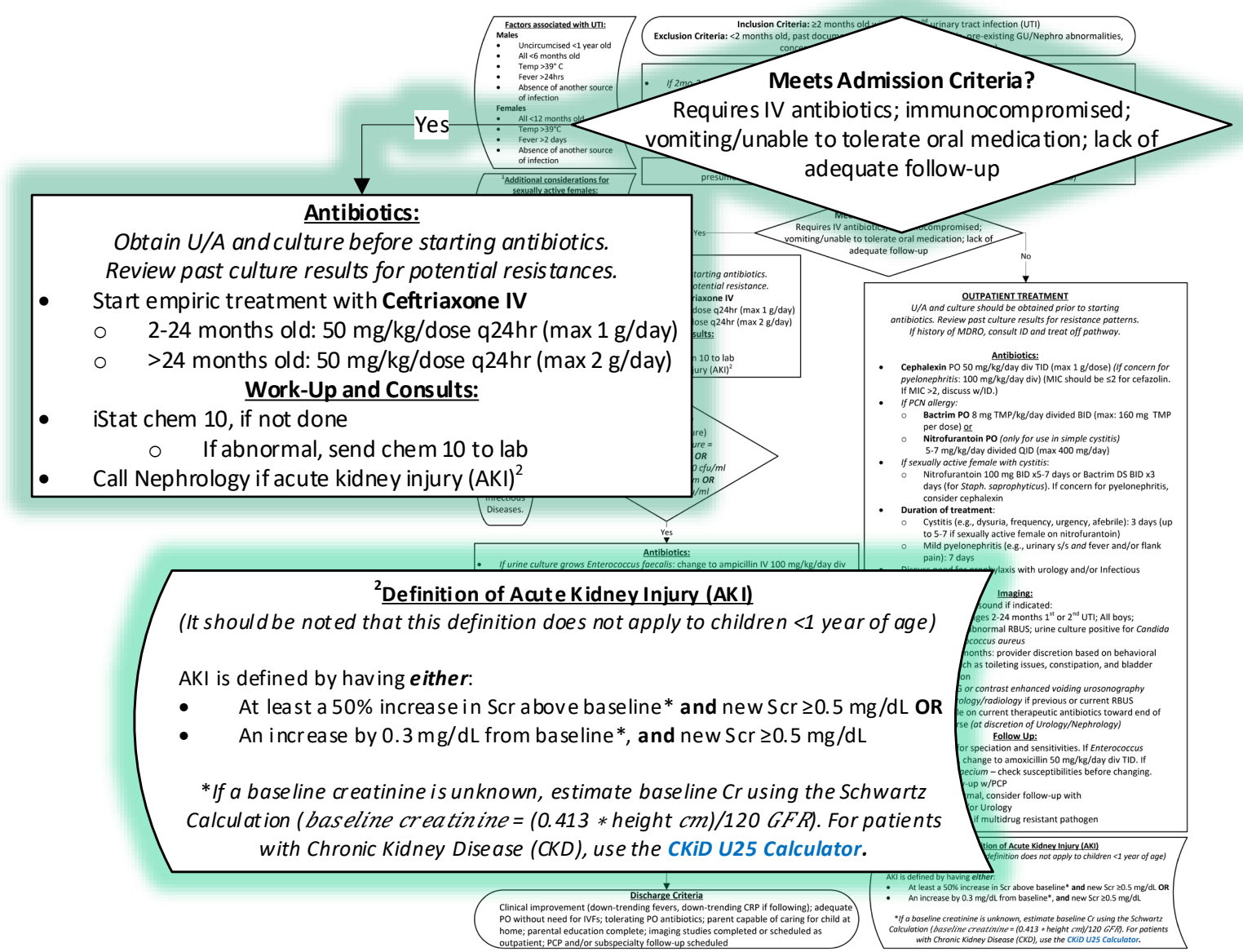
Inpatient Care

- In order to choose the correct antimicrobial, obtain urine studies prior to initiating antibiotics, and review any past cultures for potential resistances.
- Start ceftriaxone IV.
- Obtain chem 10, and consult nephrology if there is a concern for AKI.
  - The definition of AKI has been updated to an institution-wide definition



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Inpatient Care

UTI is confirmed if there is a positive UA and positive culture.

A positive culture depends on the mode of specimen collection, as listed here[1]:

- ≥ 100 cfu/ml for an SPA specimen OR
- ≥ 10,000 cfu/ml for a cath specimen OR
- ≥ 100,000 cfu/ml for a or clean catch specimen

[1]*Shaikh N, Lee S, Krumbeck JA, Kurs-Lasky M. Support for the Use of a New Cutoff to Define a Positive Urine Culture in Young Children. Pediatrics. 2023 Oct 1;152(4):e2023061931.*

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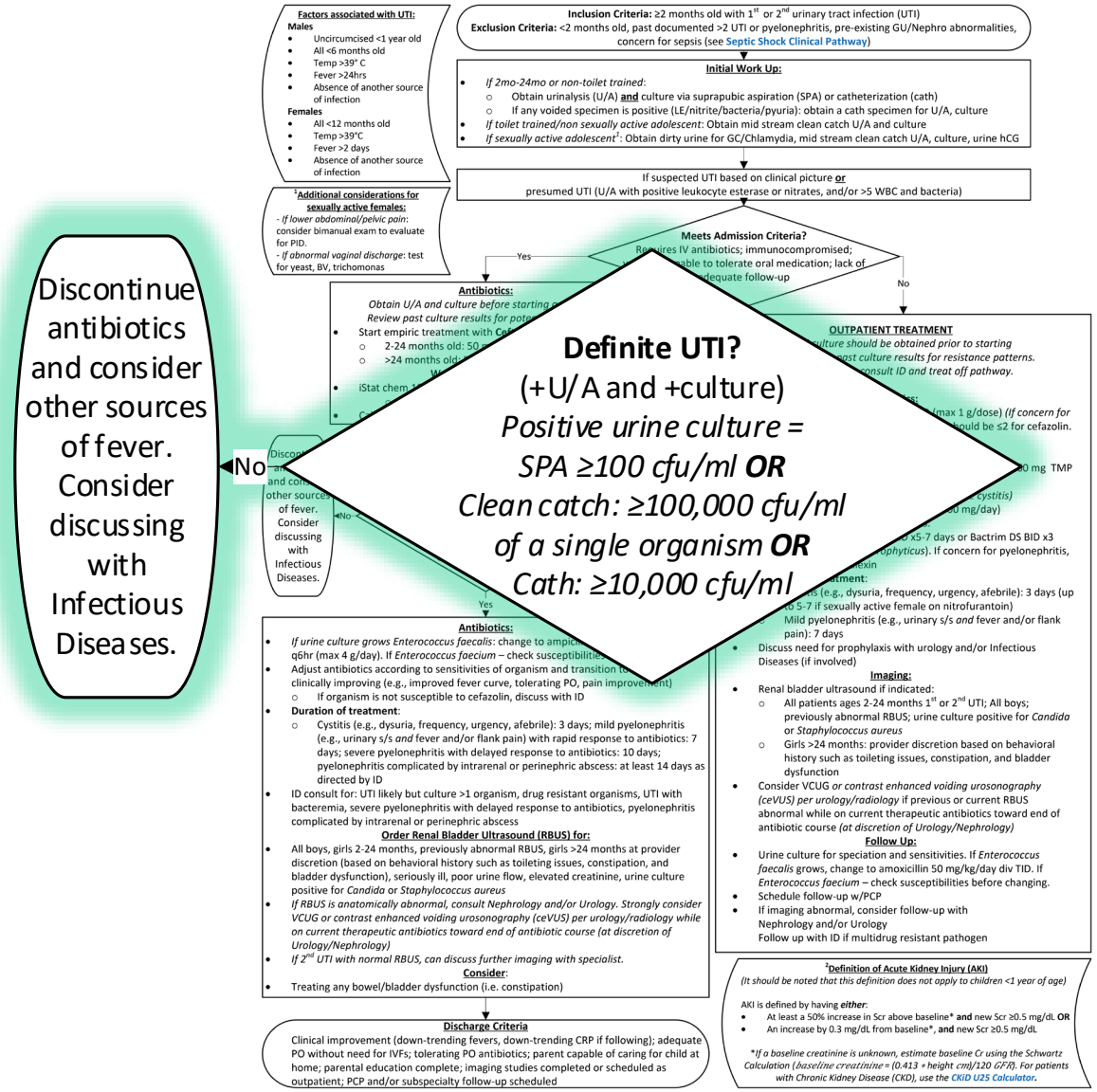

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Inpatient Care

If UTI is not confirmed, empiric antibiotics should be stopped.

Other sources of fever should be considered.

ID can be consulted if questions arise.

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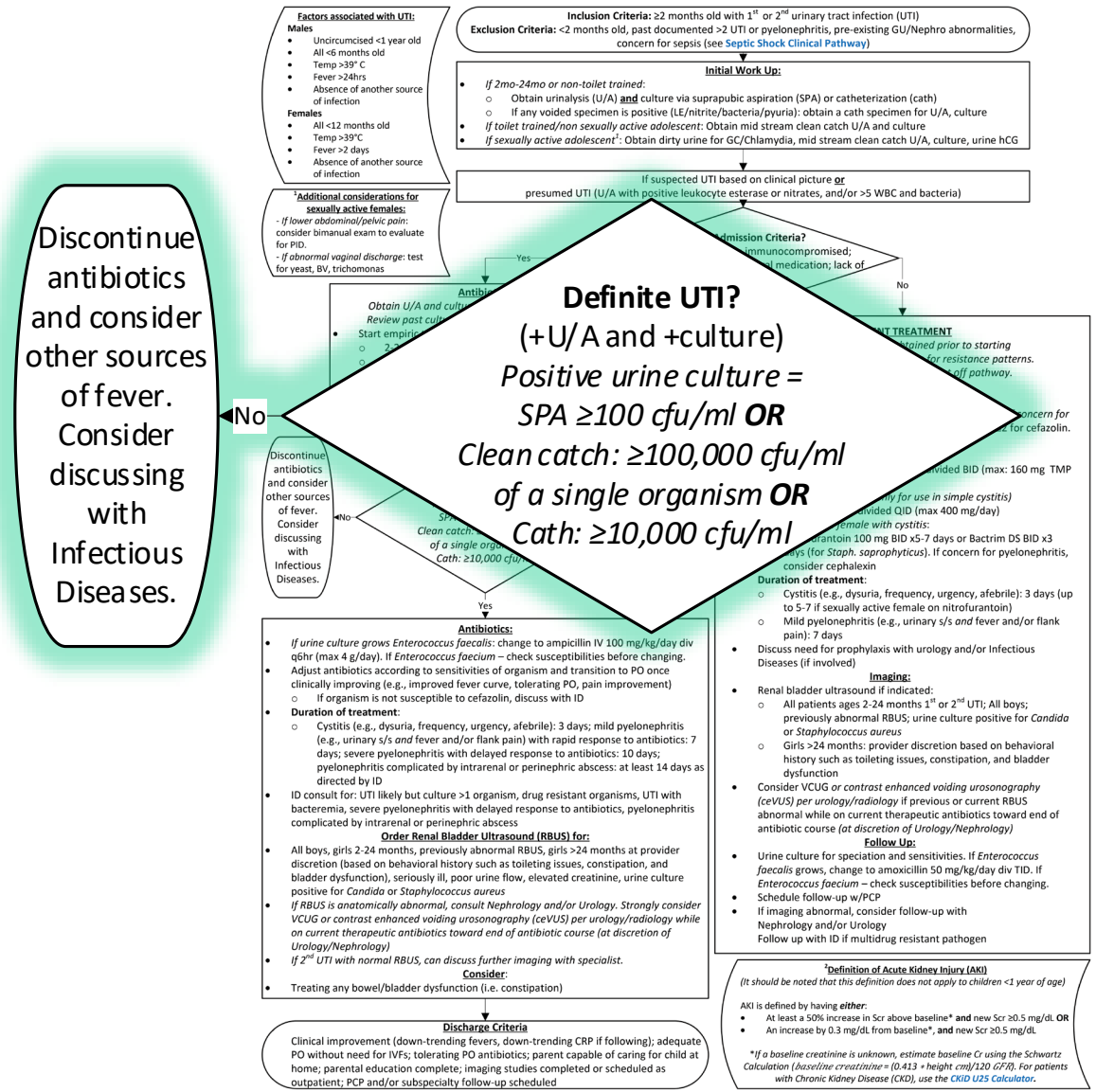

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Inpatient Care

- If UTI is confirmed, antibiotics should be adjusted based upon the organism and sensitivities.

- Important Considerations:
  - If enterococcus grows, ceftriaxone should be *changed* to ampicillin, as ceftriaxone has no enterococcal coverage for UTI
  - If sensitivities show that the organism is not susceptible to cefazolin, do not prescribe oral cephalosporins.
  - ID should be consulted in specific situations or if there are any questions.

Duration of antibiotics:

- Duration of antibiotics has been updated to provide the shortest necessary duration in order to reduce antimicrobial resistance

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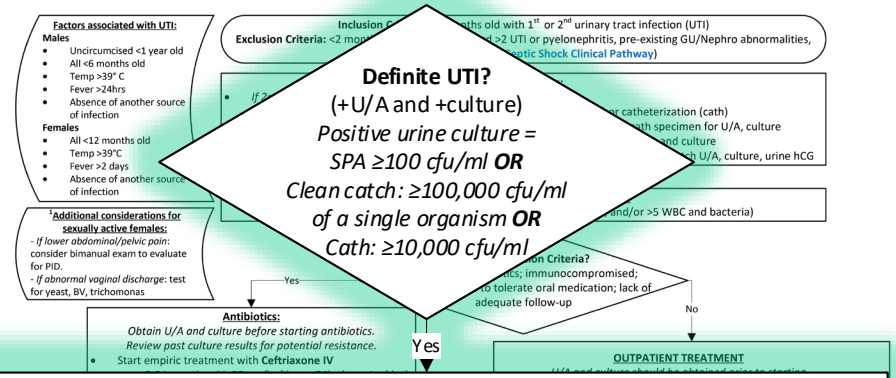

Antibiotics:

- *If urine culture grows Enterococcus faecalis*: change to ampicillin IV 100 mg/kg/day div q6hr (max 4 g/day). If *Enterococcus faecium* – check susceptibilities before changing.
- Adjust antibiotics according to sensitivities of organism and transition to PO once clinically improving (e.g., improved fever curve, tolerating PO, pain improvement)
  - If organism is not susceptible to cefazolin, discuss with ID
- **Duration of treatment**:
  - Cystitis (e.g., dysuria, frequency, urgency, afebrile): 3 days; mild pyelonephritis (e.g., urinary s/s *and* fever and/or flank pain) with rapid response to antibiotics: 7 days; severe pyelonephritis with delayed response to antibiotics: 10 days; pyelonephritis complicated by intrarenal or perinephric abscess: at least 14 days as directed by ID
- ID consult for: UTI likely but culture >1 organism, drug resistant organisms, UTI with bacteremia, severe pyelonephritis with delayed response to antibiotics, pyelonephritis complicated by intrarenal or perinephric abscess

Order Renal Bladder Ultrasound (RBUS) for:

- All boys, girls 2-24 months, previously abnormal RBUS, girls >24 months at provider discretion (based on behavioral history such as toileting issues, constipation, and bladder dysfunction), seriously ill, poor urine flow, elevated creatinine, urine culture positive for *Candida* or *Staphylococcus aureus*
- *If RBUS is anatomically abnormal, consult Nephrology and/or Urology. Strongly consider VCUG or contrast enhanced voiding urosonography (ceVUS) per urology/radiology while on current therapeutic antibiotics toward end of antibiotic course (at discretion of Urology/Nephrology)*
- *If 2nd UTI with normal RBUS, can discuss further imaging with specialist.*

Consider:

- Treating any bowel/bladder dysfunction (i.e. constipation)

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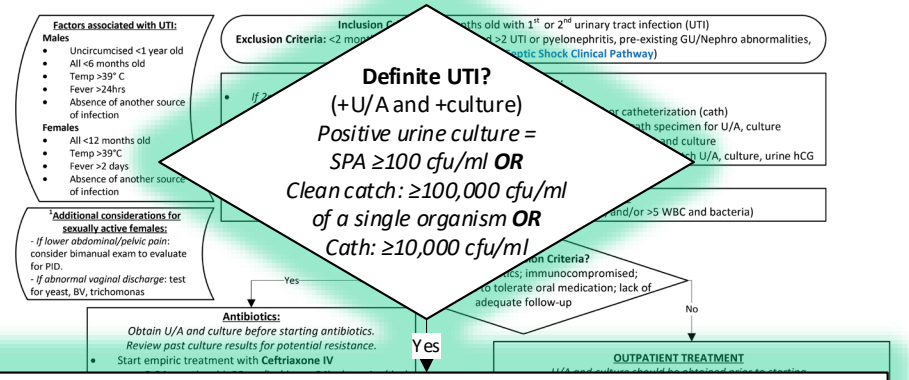

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Renal Bladder Ultrasound:

- Non-invasive test
- Reveals the size and shape of the kidneys, the presence of duplication or dilation of the ureters and existence of gross anatomic abnormalities
- Yields management-altering abnormalities in 1-2% of first time febrile UTI cases
- **Recommended by the AAP for certain populations, particularly all 2-24 month olds following their first febrile UTI**

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Additional Imaging

- VUR is the retrograde passage of urine from the bladder into the upper urinary tract
  - VCUG or contrast enhanced voiding urosonography (ceVUS) are the tests of choice to evaluate VUR
- Only recommended if RBUS is abnormal (NOT ROUTINE)
- Should be done towards the end of the current antibiotic therapy course at the discretion of Urology/Nephrology
- Involves bladder catheterization
- Expensive and invasive
- VCUG involves radiation exposure
- May miss a significant portion at risk of renal scarring
- **AAP guideline: The benefits of avoiding radiation exposure and discomfort in the majority of patients outweighs the delayed detection of a small number of cases of high grade reflux or other surgically corrected abnormalities.**

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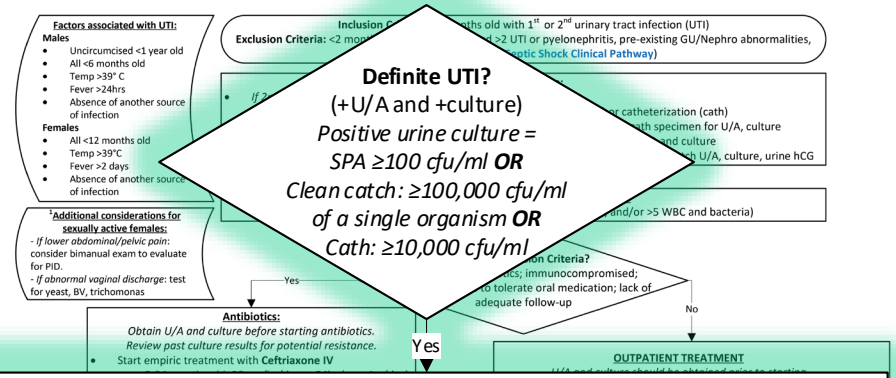

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Consider:

- Treating any bowel/bladder dysfunction (i.e. constipation)

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Discharge Criteria

Patients can be discharged on PO antibiotics once discharge criteria is met.

Ensure that the correct duration of antibiotics is given and that appropriate follow up is in place.

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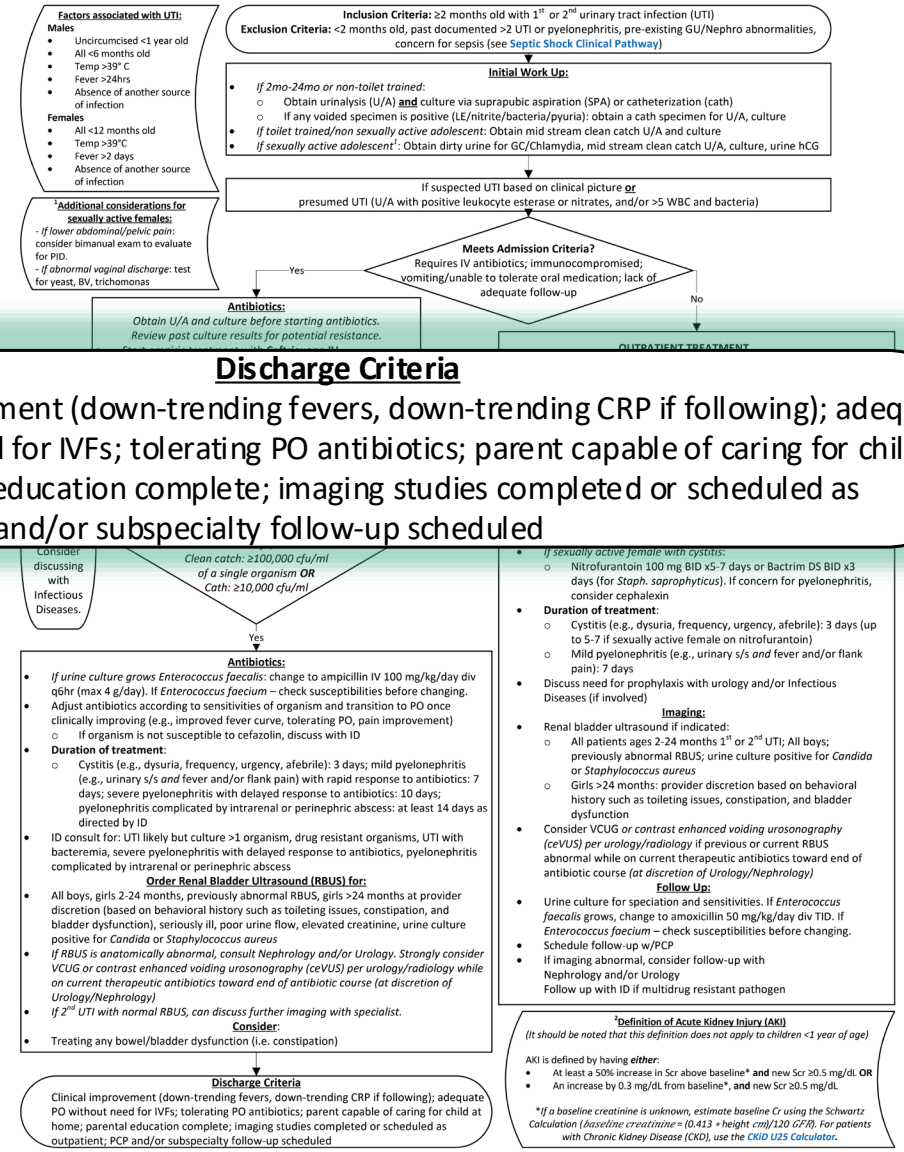

Discharge Criteria

Clinical improvement (down-trending fevers, down-trending CRP if following); adequate PO without need for IVFs; tolerating PO antibiotics; parent capable of caring for child at home; parental education complete; imaging studies completed or scheduled as outpatient; PCP and/or subspecialty follow-up scheduled

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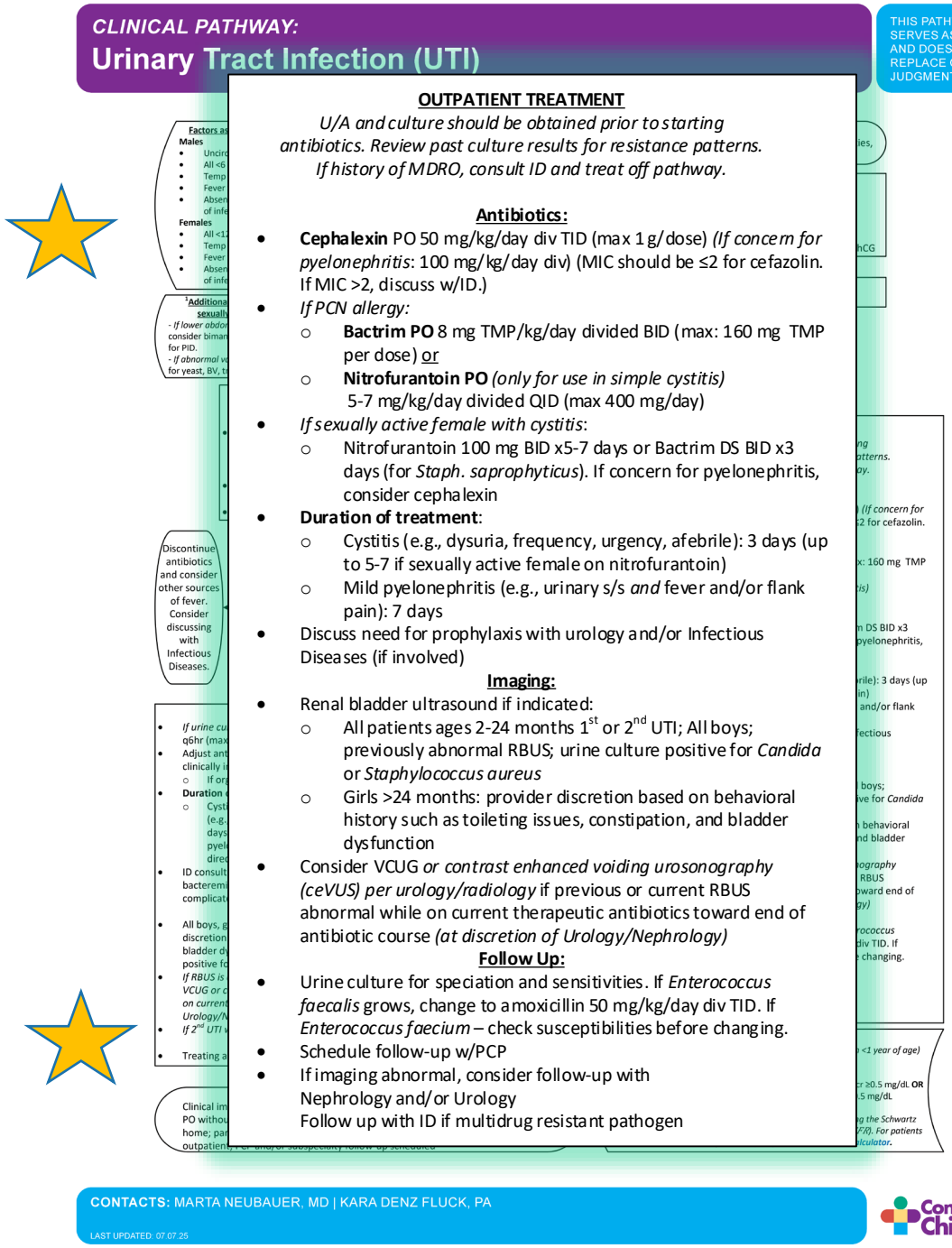
Outpatient Care

- Outpatient care reflects inpatient care for antibiotics, duration, and imaging.
- Cephalexin should be started if a UTI is confirmed but the patient doesn't meet admission criteria.
  - Options are given for allergies and for sexually active females with cystitis

Follow up

- Follow up on urine culture for speciation and sensitivities to adjust antibiotics if necessary
- If RBUS is abnormal, Nephrology or Urology follow up should be arranged for further imaging and management
- ID should follow up if a multi-drug resistant organism is identified



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OUTPATIENT TREATMENT

U/A and culture should be obtained prior to starting antibiotics. Review past culture results for resistance patterns. If history of MDRO, consult ID and treat off pathway.

Antibiotics:

- **Cephalexin** PO 50 mg/kg/day div TID (max 1 g/dose) *(If concern for pyelonephritis*: 100 mg/kg/day div) (MIC should be ≤2 for cefazolin. If MIC >2, discuss w/ID.)
- *If PCN allergy:*
  - **Bactrim PO** 8 mg TMP/kg/day divided BID (max: 160 mg TMP per dose) or
  - **Nitrofurantoin PO** *(only for use in simple cystitis)* 5-7 mg/kg/day divided QID (max 400 mg/day)
- *If sexually active female with cystitis*:
  - Nitrofurantoin 100 mg BID x5-7 days or Bactrim DS BID x3 days (for *Staph. saprophyticus*). If concern for pyelonephritis, consider cephalexin
- **Duration of treatment**:
  - Cystitis (e.g., dysuria, frequency, urgency, afebrile): 3 days (up to 5-7 if sexually active female on nitrofurantoin)
  - Mild pyelonephritis (e.g., urinary s/s *and* fever and/or flank pain): 7 days
- Discuss need for prophylaxis with urology and/or Infectious Diseases (if involved)

Imaging:

- Renal bladder ultrasound if indicated:
  - All patients ages 2-24 months 1st or 2nd UTI; All boys; previously abnormal RBUS; urine culture positive for *Candida* or *Staphylococcus aureus*
  - Girls >24 months: provider discretion based on behavioral history such as toileting issues, constipation, and bladder dysfunction
- Consider VCUG *or contrast enhanced voiding urosonography (ceVUS) per urology/radiology* if previous or current RBUS abnormal while on current therapeutic antibiotics toward end of antibiotic course *(at discretion of Urology/Nephrology)*

Follow Up:

- Urine culture for speciation and sensitivities. If *Enterococcus faecalis* grows, change to amoxicillin 50 mg/kg/day div TID. If *Enterococcus faecium* – check susceptibilities before changing.
- Schedule follow-up w/PCP
- If imaging abnormal, consider follow-up with Nephrology and/or Urology
  Follow up with ID if multidrug resistant pathogen

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Quality Metrics

- Percentage of patients with use of UTI order set
- Percentage of patients age 2 to 24 month with 1st time UTI ordered for renal ultrasound
- Percentage of patients receiving VCUG or ceVUS
- Percentage of patients with first line antibiotic choice per pathway recommendation
- Percentage of patients with appropriately antibiotic dose
- Percentage of patients with appropriate antibiotic duration
- Monthly average duration of antibiotic course
- Length of stay ED (minutes) and inpatient (days)

Pathway Contacts

- Marta Neubauer, MD
  - Pediatric Hospital Medicine
- Kara Denz Fluck, PA-C
  - Pediatric Hospital Medicine

References

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Thank You!

About Connecticut Children's Pathways Program

Clinical pathways guide the management of patients to optimize consistent use of evidence-based practice. Clinical pathways have been shown to improve guideline adherence and quality outcomes, while decreasing length of stay and cost. Here at Connecticut Children's, our Clinical Pathways Program aims to deliver evidence-based, high value care to the greatest number of children in a diversity of patient settings. These pathways serve as a guide for providers and do not replace clinical judgment.