

Scottish Urinary Tract Infection Network Newsletter MARCH 2019



In January SUTIN were honoured to accept a prestigious NHS National Services, Scotland award for 'Excellence in customer and stakeholder engagement' for the National Catheter Passport and the Hydration campaigns in 2018. We of course owe an enormous thanks to those of you who made these campaigns a reality through your hard work and efforts across all care environments in promoting these campaigns. Within both the short life working groups for these campaigns we were fortunate enough to have the voice of a patient representative, who is now a SUTIN member. This reflects the commitment SUTIN holds towards co-creation being at the heart of our work and the value of meaningful patient engagement within such large scale projects.



**Jacqueline Thompson,
Nurse Consultant**

A further strand of these campaigns was to actively seek feedback on people's views on the value of the campaign. Such feedback is vital for us to consider and shape any future SUTIN associated campaigns. In Autumn 2018 we sought views by utilising an online survey from community pharmacists and people working in hospitals, community and the independent care home sector on the 'Hydration for the Nation' campaign. In this newsletter we have provided a summary of the key findings from this online survey and a more detailed report can be accessed in the future through the SUTIN website.

SUTIN were congratulated by Colin Sinclair (CEO NHSNSS) when receiving their award as 'This has been an incredibly successful piece of work of which we are extremely proud. @NHSNSS Health Protection Scotland has had requests from other UK Trusts and NHS Improvement around adoption of the Scottish National Catheter Passport.'

Jacqueline Thompson Chair SUTIN Board

Patient representative

Having been involved in several of the Committees and Boards of my local Health Board, mainly in the areas of Infection Control and Food, Fluids and Nutrition I felt it would be interesting to have some involvement in another aspect of Healthcare. I was made aware that SUTIN was looking for a lay person to become involved in the SLWG. I expressed a willingness and was asked to join the group.

I found the group to be very welcoming and supportive and have certainly been made very aware of the importance of good hydration. I have also learned a tremendous amount about the many sources of good hydration, several of which I had not thought of previously e.g. jellies, yoghurts, tea etc. One aspect of checking for good hydration is the urine colour or pee chart, it is a visual check which I now carry out regularly and I encourage others to do the same.

Highlighted during many discussions have been the dangers of poor hydration and how this can affect the individual's health and well being.

I summarise by saying that my involvement with the group has been a very enjoyable, pleasant and enlightening experience.

Ernie Duncan.



Evaluation of National Hydration Campaign

Within Scotland, Urinary Tract Infections (UTIs) are common within acute, care and community settings and can result in the development of *E. coli* bacteraemia with the 30-day all-cause mortality of these infections in 2016 being 15%.¹ Evidence suggests that adequate hydration can reduce one's risk of UTI,² therefore the Scottish UTI Network (SUTIN) developed a national Hydration campaign conducted in three stages.

Stage 1 aimed at the general public, displayed the hydration poster and leaflet in every community pharmacy across Scotland. Stage 2 provided information and aides for patients, relatives and staff in adult healthcare within acute and care settings <https://www.hps.scot.nhs.uk/haic/resourcedetail.aspx?id=3464>.

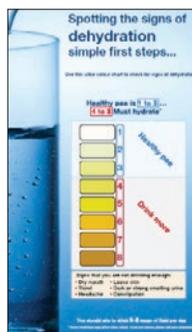
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Contact NSS.ScottishUTINetwork@nhs.net Find out more at: <http://www.hps.scot.nhs.uk/haic/sutin.aspx>

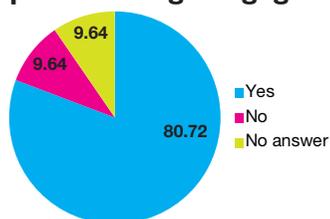
Stage 3 will be conducted in 2019 and will direct the hydration message specifically to children and young people. Stages 1 & 2 of the hydration campaign were conducted in the spring of 2018. Two separate online questionnaires were used to evaluate hydration materials in community pharmacies (stage 1) and the acute/community settings (stage 2).

Stage 1 results

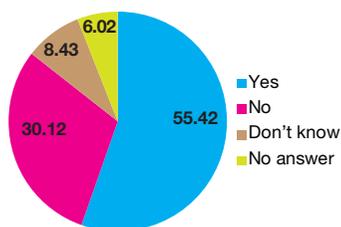
Eighty three pharmacists completed the survey for Stage 1 of the national hydration campaign with 61 (73%) respondents working in independent pharmacies. Below are some examples of questions and the responses:



Do you think that the ‘Spotting the signs of dehydration simple first steps poster’ image engaged customers?



Did the poster lead to any comments/enquiries/ consultations about dehydration?



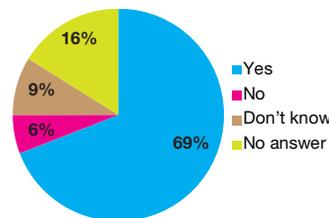
About half of the pharmacists completing the survey said they used the leaflet (that accompanied the poster) when conducting a consultation with people suffering symptoms of a UTI. General comments on the campaign included; ‘The poster was a good way of starting conversations with customers’, and ‘Very important message and very effective. Customers liked the ‘colour chart’ as they understood it’.

Stage 2 results

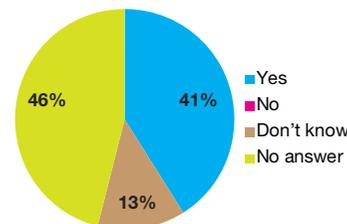
A separate survey was used to evaluate stage 2 (acute and community settings) of the campaign with 68 responses coming from those working in; care homes, community care, acute, and non-acute hospitals.

The survey asked for feedback on each poster used within these settings; healthy pee poster, effects of dehydration poster and reusable glasses sheet with examples below;

Has the healthy pee poster supported staff awareness of dehydration?



Did the infographic poster support you in terms of spotting the signs and symptoms of dehydration?



General comments on the campaign included;

‘Very effective in my Care Home. I was looking for a way to raise awareness of and improve hydration and noted an improvement in resident health very quickly. Most notably a marked reduction in UTIs. Staff members have embraced it -responding to the simple graphics and ease of recording intake on the laminated surface’.

‘This campaign was useful to remind staff of the importance of encouraging patients to drink. When in the patient’s home checking if they have a drink and if not offering to give them one’.

In summary the surveys evaluated both stages of the hydration campaign positively. Requests were expressed for alternative formats such as pocket size or large print.

We would like to thank all those who completed our online evaluation for their time. Such feedback is invaluable as we move into the next phase of the campaign.

SUTIN is currently developing stage 3 of the hydration campaign targeting children and young people within education and healthcare.

References

1. Health Protection Scotland. Healthcare Associated Infections. Health Protection Scotland, 2017. Health Protection Scotland, Glasgow 2018 [Report].
2. Hooton TM, Vecchio M, Iroz A, Tack I, Dornic Q, Seksek I, Lotan Y, Effect of Increased Daily Water Intake in Premenopausal Women With Recurrent Urinary Tract Infections. JAMA Intern Med. doi:10.1001/jamainternmed.2018.4204.