

## Trimethoprim Workshop

### THE COMMON SYMPTOMS

- Frequency (“I’m going more often”)
- Dysuria – (“It’s burning, stinging, painful, sore”)
- “I just know I have another infection”
- Urgency, Polyuria, tenderness, blood noticed – might suggest a UTI but less specific

### WHAT THE PGD STATES

Severe symptoms or  $\geq 3$  symptoms below

- Dysuria
- Frequency
- Blood in urine
- Suprapubic tenderness
- Urgency
- Polyuria

AND absence of vaginal discharge / irritation – vaginal discharge reduces the likelihood of bacterial urinary infection

### WHAT ELSE COULD IT BE?

- Urethral syndrome (SI, chemical, deodorant)
- Vulvitis / Vaginitis (candida spp, viral warts, post op/ instrumentation)
- Pyelonephritis (they are unwell, temp etc)
- STD – Chlamydia most likely
- Pregnancy
- Diabetes
- Calculus (blood and colic pain)
- Trauma / Abuse

### WHAT YOU NEED TO KNOW

- Age
- Exact symptoms, how long, severity?
- Have they had this before and when? Recent treatment/Hospital stay?
- Medication(s) being taken
- Problems with ANY medication
- Are they generally well otherwise
- Pregnant or Breast-feeding

\*See PGD for all exclusion criteria

### WHAT YOU NEED TO DO IF A UTI IS CONFIRMED BY PRESENTATION OF SYMPTOMS

- Ask if okay to take Trimethoprim
- Remind them to read the leaflet, okay with OC pill unless D&V. Rash, nausea.
- Dose reminder
- Advice re symptoms if not settling or worsening or side effects are severe.
- Complete record form for supply
- Send copy of notification of supply form to GP
- Write CPUS form for supply

**PATIENT IS NOT SUITABLE FOR SUPPLY**

- Give self-care advice to patient
- Decide if patient requires to be referred to GP

**Case Studies**

**Case 1**

27 year old female presents in the pharmacy with dysuria, urgency and reports that she feels she has to go to the toilet much more often than usual.

She has never experienced any of these symptoms before and wonders if she can buy something to help with the symptoms.

**Case 2**

Mrs Smith is a 59 year old patient who attends the pharmacy for her regular medication. She takes Lisinopril 10mg in the morning, Pravastatin 20mg at night , Clenil 100 2 puffs twice a day and Ventolin Evohaler when required.

She asks if she can have a quiet word in the consultation room and tells you she has been experiencing a lot of stinging and burning when urinating for the past two days and this morning she noticed a little blood in her urine.

She is hoping you can help her as she is going to her nieces wedding at the weekend.

**Case 3**

33 year old female presents in the pharmacy. She is looking to buy sachets for a urinary infection which her mother recommended. She has been experiencing a frequent need to pass urine and complains of discharge and an itch for the last 5 days.