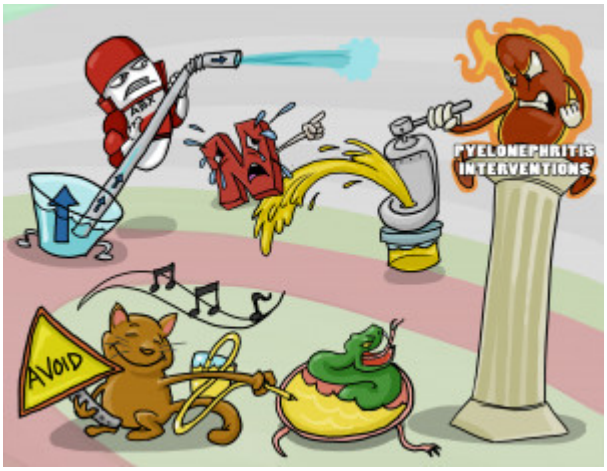
Pyelonephritis Interventions

Pyelonephritis is inflammation in an area of the kidney called the renal parenchyma. This condition is caused by a bacterial infection that begins in the lower urinary tract and travels upward and into the kidney(s). Treatment of this condition involves antibiotics, non-steroidal anti-inflammatory drugs (NSAIDs) for pain, and increased fluid intake. In some cases, a short stay in the hospital may be necessary for intravenous antibiotic administration.



PLAY PICMONIC

Urinalysis

Urinal with Urinalysis-cup

A clean catch specimen of urine must be obtained for analysis and culture prior to the first dose of antibiotics. Determining the causative bacterial agent is important, as it can affect the type of antibiotic needed to treat the infection.

NSAIDs

N-sad

Non-steroidal anti-inflammatory drugs can be given for pain management, unless contraindicated.

Antibiotics

ABX-guy

Oral antibiotics may be prescribed for patients presenting with mild symptoms. Patients with a severe infection may require brief hospitalization for intravenous antibiotic administration. Broad spectrum antibiotics should be used until the results of the urine culture are available.

Increase Fluid Intake

Up-arrow Fluid Intake

Patients should be encouraged to increase daily fluid intake. Fluid promotion will increase urine output, helping to flush the bacteria out of the urinary tract.

Avoid Catheterization

Avoid-sign Catheter-cat

Urine specimens should be collected using the clean catch method, and catheterizations should be avoided if possible. Catheterization can lead to introduction of bacteria into the urinary tract, potentially worsening the infection.

Consideration

Urosepsis

Urine-sepsis-snake

In severe cases of pyelonephritis, urosepsis, or bacteremia can develop. If bacteria is detected in the blood, rapid treatment of septic shock is necessary to prevent organ damage and death.

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