

December 6, 2022

Agenda

- Recurrent UTIs
- Case Discussions
- Open Discussion



There are three truths:
death, taxes, and the urine
culture is gonna grow

Poll #1

How often does recurrent UTI (defined as >1 within 6 months) in elder persons occur?

- a. Infrequently (< 10% of UTI patients)
- b. Sometimes (10-20% of UTI patients)
- c. Often (>20% of UTI patients)



rUTI: *Epidemiology Poorly Described*



- ✓ Acute UTI not reportable
- ✓ ASB \neq UTI!

Annual Incidence in Women		
Age	ASB	UTI
<65	1-5 %	>10%
65-80	6-16%	10%
> 80	20-50%*	30%

- ✓ Recurrent UTI even less well characterized...
- ✓ Across all age groups, 27% of women report recurrence within 6 months
- ✓ rUTI average: 2.6 episodes / year
- ✓ Some older patients have very stubborn, intractable symptoms



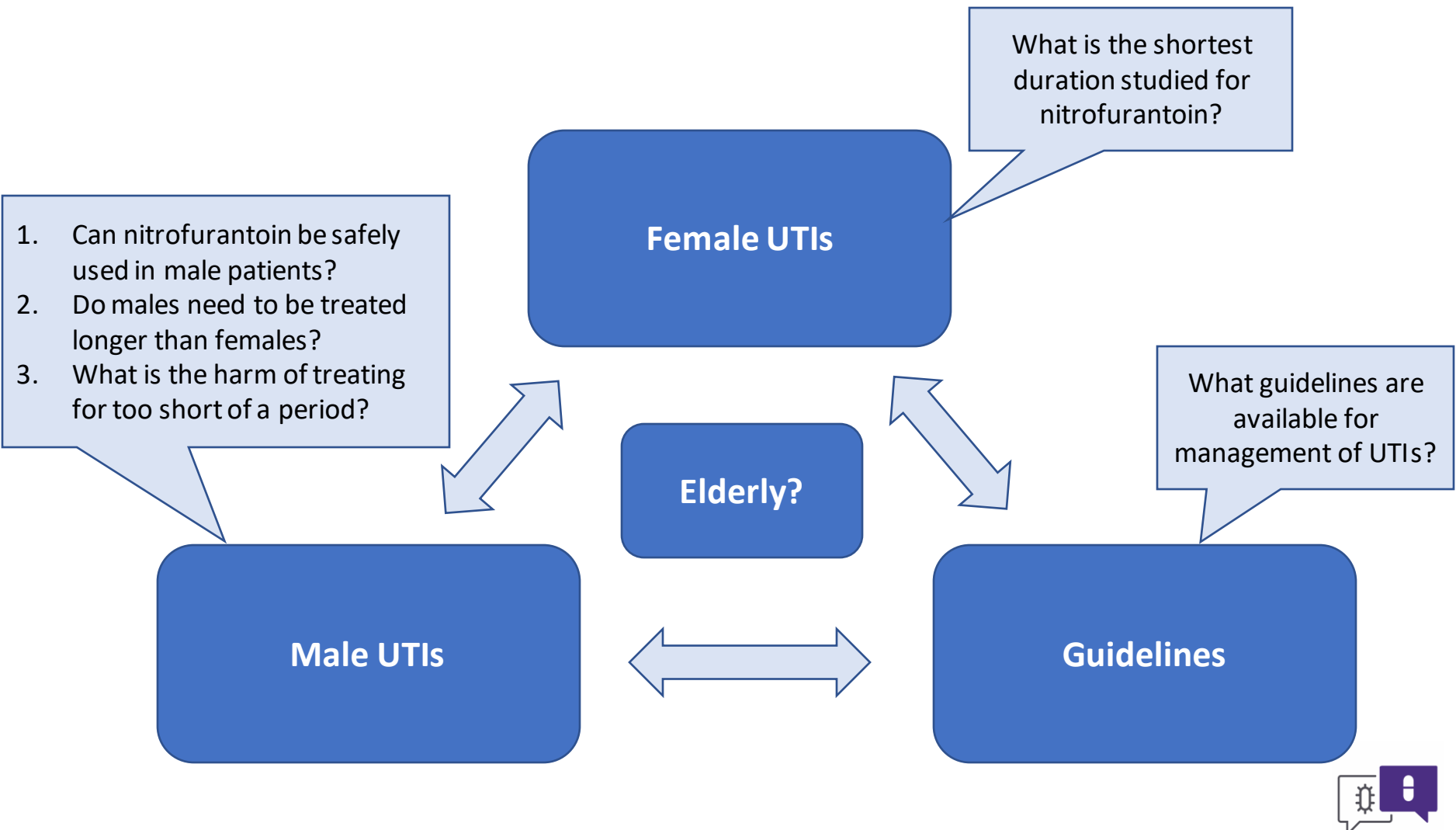
Poll #2

How long should you treat a patient with nitrofurantoin for a UTI?

- a. 3 days
- b. 5 days
- c. 7 days
- d. 10 days



Multifactorial approach to applying shortest duration



Poll #3

Nitrofurantoin is unsafe and should be avoided in all elderly patients

- a. Yes
- b. No



Elderly Patients

There is adequate data to indicate nitrofurantoin can be safely and effectively used in patients with $\text{ClCr} \geq 30 \text{ mL/min}$

Geriatric Patients

Ok as long as short course + $\text{ClCr} > 30 \text{ mL/min}$



Changed
in 2015

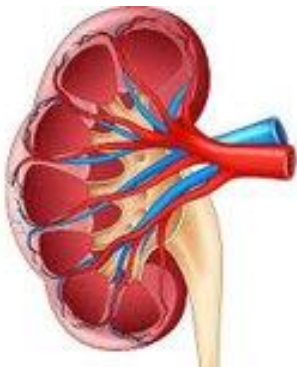
American Geriatric Society 2019 Beers Criteria (Age ≥ 65):

Avoid long-term use because of potential for pulmonary toxicity, hepatotoxicity, and peripheral neuropathy.

J Am Geriatr Soc. 2019 Apr;67(4):674-694. doi: 10.1111/jgs.15767.

Renal Impairment

Ok as long as $\text{ClCr} > 30 \text{ mL/min}$



Four trials conducted between 1958 and 1971 mentioned that patients with “poor” renal function who received nitrofurantoin had much lower urinary excretion of drug compared with those with normal renal function, leading to a hypothesis that efficacy would be compromised.

Nitrofurantoin and CrCl : How Low Can You Go? Pharmacy Times. 2016
<https://www.pharmacytimes.com/view/nitrofurantoin-and-crcl-how-low-can-you-go>

