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Pyelonephritis

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define pyelonephritis.**
 - A. It is the inflammation of kidney tissue and may be acute or chronic.
 - B. Chronic pyelonephritis may destroy kidney tissue permanently.
 - C. It is caused by bacterial infection of the lower urinary tract.

- II. **The client/caregiver can list factors that may increase risk of pyelonephritis.**
 - A. Pregnancy
 - B. Testing or surgery of urinary tract or use of catheters to drain urine
 - C. Trauma to the kidney
 - D. Urinary stasis or back flow
 - E. Bladder infections
 - F. Conditions such as prostate enlargement, structural defects of ureters, or kidney stones
 - G. Neurogenic bladder
 - H. Chronic health problems (diabetes, kidney disease, etc.)

- III. **The client/caregiver can recognize signs and symptoms.**
 - A. Back, side, or groin pain
 - B. Nausea or vomiting
 - C. Fatigue
 - D. Pain or burning on urination
 - E. Urgent, frequent urination
 - F. A loss of appetite
 - G. Cloudy, foul-smelling urine
 - H. Fever
 - I. Decreased urine output
 - J. Pus or blood in urine

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- IV. **The client/caregiver can list measures to prevent or control pyelonephritis.**
 - A. Females should follow practices to prevent urinary tract infections.
 - 1. Keep perineal area clean and dry.
 - 2. Wear cotton underpants and wear nonrestrictive clothing.
 - 3. Wipe from front to back after bowel movement.
 - 4. Urinate before and after sexual intercourse.
 - B. Report early symptoms of urinary tract infection for early treatment (burning, frequency, cloudy urine, fever, and flank pain).
 - C. Drink fluids, up to 3000 ml per day.
 - D. Avoid caffeinated beverages and alcohol.
 - E. Empty bladder routinely avoiding bladder distention.
 - F. Use self-monitoring urine test for bacteria.
 - G. Take antibiotics until completed.
 - H. Consume acid-forming foods (such as meat, fish, poultry, eggs, grains, cranberries, prunes, and plum) to prevent stone formation.
 - I. Keep follow-up physician and laboratory appointments.

- V. **The client/caregiver is aware of possible complications.**
 - A. Chronic pyelonephritis
 - B. Scarring of the kidneys
 - C. Hypertension
 - D. General bacterial infection (shock or sepsis)

(Continued)

RESOURCES

American Foundation for Urologic Disease
www.afud.org

National Kidney and Urologic Diseases Information
Clearinghouse
E-mail: nkudic@info.niddk.nih.gov

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