

The Use of Nitrofurantoin for Uncomplicated Lower Urinary Tract Infections in Primary Care

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Within the Alliance Teaching Practice (Coventry), the prescribing of nitrofurantoin, in accordance to published guidelines, for the management of uncomplicated urinary tract infections (UTIs) were assessed. The study aims to evaluate the adherence to local prescribing guidelines for nitrofurantoin, the recommended antibiotic for UTIs, and assess the impact on patient care. The study population consisted of patients aged 18 and above presenting with symptoms of uncomplicated UTIs. Data were collected retrospectively, revealing that only 68% of eligible patients were prescribed nitrofurantoin, with some receiving alternative antibiotics or none at all. Among female patients, 78% were prescribed nitrofurantoin, but only 57% received the recommended dosage. For males, compliance was lower at 25% but in adherence with dosing recommendations. The study underscores the need for improved adherence to guidelines and suggests interventions such as educational training for healthcare professionals and collaboration with pharmacists. The study concludes that addressing non-compliance could enhance patient care, optimize treatment outcomes, and mitigate the risk of antibiotic resistance. A re-audit is recommended to assess the effectiveness of interventions in improving guideline adherence.

