


Think Critically about Nonspecific Symptoms - Especially in Residents with Dementia

Nonspecific symptoms such as falls, not eating well, tiredness, weakness, altered mental status, and agitation don't relate to any particular body part or system.

In the past, we would treat for UTI, but...

Now we know that nonspecific symptoms have many causes.

 Research has shown that UTI causes only a small number of nonspecific symptoms.

 Consider other possibilities first.

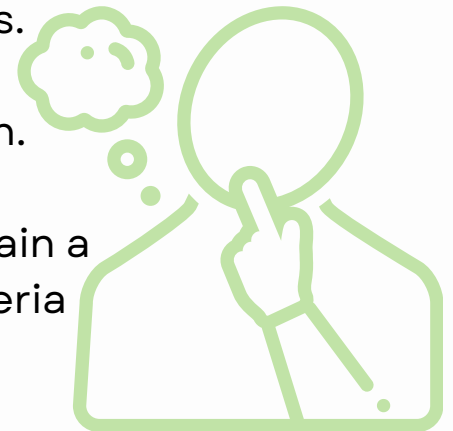
Check for:

- *Dehydration
- *New Medication
- *Respiratory infection
- *GI Virus *Poor Sleep
- *Arthritis or other pain
- *Constipation/Impaction
- *Stress *Anxiety *Depression



Mental Checklist When a Resident has Nonspecific Symptoms

- ✓ Dehydration is common: hydrate orally or parenterally.
- ✓ Review current medications, especially new ones.
- ✓ Look for signs of respiratory or GI virus.
- ✓ Check for constipation and other sources of pain.
- ✓ Look for signs of stress, anxiety, or depression.
- ✓ If the resident has a history of recurrent UTI, obtain a culture (but don't treat unless fever or Loeb criteria met).
- ✓ Monitor vital signs for abnormalities.



This approach is good clinical care and good antibiotic stewardship.