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Urinary infection: correctly treated? Let's find it out!

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Background & Aim: Family doctors daily face many cases of urinary infection. For this reason we think that's important to treat patients the best way as possible, choosing the most effective and efficient treatment according to clinic guidelines to avoid overspending and wasting unnecessary number of tablets.

Method: Descriptive study in the ambit of primary health care that took place in our urban health care centre (28.000 users). We checked out medical records with the diagnosis of cystitis/ urinary infection. Urinary infection in men, complicated ones and in pregnant women were excluded.

Results: n= 113. Predominant age range > 75 years old (30,97%) 15-35 (27,43%) 36-49 (26,54%) 50-74 (23,89%). Recurrences 23,89%. Properly prescribed antibiotic 88.49% among them 65% where first choice antibiotics and 35% alternative treatment. Correct dosage regimen 22%. Surplus tablets 424.

Conclusions: Urinary infection has been mostly treated with the right antibiotic. It is a common disease that we know how to handle correctly but the treatment regimen is excessive in more than 2/ 3 of patients. This affects increasing spending and above all it affects patient's safety. Only in Fosfomicine, the container conforms to the dose. In most of cases, boxes of medicines do not meet doses. There is a surplus of tablets which involves unnecessary expense and risk of self-medication. It is essential to adapt the content of the containers to treatment guidelines.