

Improving health outcomes for women, starting with urine collection

'Urine collection, and the unreliability of it, is the biggest problem the NHS doesn't know it has'



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Why does urine collection matter?



The collection of accurate midstream urine samples is a crucial aspect of:

- Diagnosing and treating Urinary Tract Infections (UTIs)
- Monitoring and treating women during pregnancy
- Routine wellness screening
- Pre-operative screening

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What is the issue?

22.5%

of urine specimens collected annually are **unreliable**



The NHS is using suboptimal methods of urine collection.

Patients are instructed to pass initial first stream urine into a toilet before then 'catching' the midstream sample in a simple plastic container. This method has practically remained unchanged for decades.

The process is awkward, unhygienic and results in high levels of sample contamination



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Implications

UTIs and other conditions are frequently misdiagnosed

Misdiagnosed infections lead to pain and uncertainty for patients and if left unresolved, can develop into sepsis, which is a life-threatening condition

There is also a significant cost burden for the NHS from emergency hospital visits and the misuse of antibiotics



Did you know:

47% of Gram-negative blood infections that can lead to sepsis have a urinary cause.

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How women are affected



- Women are regularly forced to undergo a awkward and embarrassing experience when collecting urine
- Accurate urine sampling is particularly important during antenatal care as up to 12% of pregnant women are likely to contract a UTIs

10-20% of women will develop a UTI at some point in their lives and women are 30 times more likely than men to develop a UTI

If infections are left misdiagnosed and untreated there is an increased risk of premature birth in around 20-40% of pregnancies

What are the solutions?

Improved urine collection methods used within the NHS

Existing methods have been shown to be unreliable and costly. Therefore, the health system needs to incorporate new technologies that provide a more hygienic and accurate midstream urine collection.

Evidence from Public Health Wales

A recent trial conducted in partnership with Public Health Wales using the Peezy Midstream device, demonstrated the clear benefits of moving to a best-practice midstream urine collection device.



Introducing a device such as Peezy midstream in antenatal care would deliver an annual saving of

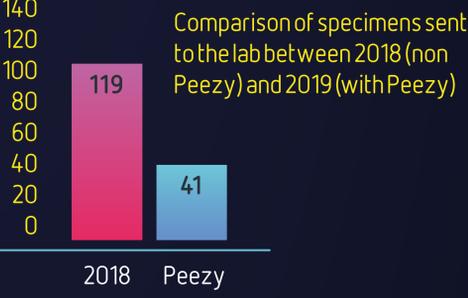


£151,073



2,059 fewer repeat appointments

Analysis from an individual GP practice in Barry showed there was a 66% reduction in the number of urine samples sent for further testing



The trial also demonstrated that practice staff were better able to:

- Assess and confirm the appropriateness of treatment
- Pause antimicrobial prescribing whilst awaiting laboratory results

Using a device such as Peezy Midstream gives greater certainty to pregnant women and saves resources for the NHS

What needs to happen next?



All NHS trusts should review whether their urine collection methods meet Public Health England UK Standards for Microbiology Collection of Urine



The NHS Pathology Network Review should include recommendations relating to optimal urine collection and urinalysis



NICE and NHS needs to facilitate the uptake of effective midstream collection devices

How you can assist



Write to the Department of Health and Social Care to call for improvements in urine collection



Write to the Medical Director at your local NHS trust to request that they review their urine collection methods against Public Health England guidelines

