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A Review of Urinary Tract Infections in Pediatric Patients

Parlak ME[1]* and Kucukkelepce O[2]

[1]Department of Pediatrics, Antalya Kepez State Hospital, Turkey
[2]Department of Public Health, Adiyaman Provincial Health Directorate, Turkey

***Corresponding author:** Mehmet Emin Parlak, Department of Pediatrics, Antalya Kepez State Hospital, Turkey, Email: meparlak02@gmail.com

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Abstract

Urinary tract infections (UTIs) are a common and significant health concern in children. The etiology of UTIs in children can vary depending on various factors, including age, gender, and underlying conditions. This comprehensive review aims to explore the etiology, pathogens involved, etiological evaluation by age group, diagnosis, differential diagnosis, follow-up, treatment, and prognosis of UTIs in children.

Introduction: Urinary tract infections (UTIs) are bacterial infections that affect the urinary system, comprising the kidneys, ureters, bladder, and urethra. In children, UTIs can cause substantial morbidity if not promptly diagnosed and treated. Understanding the etiology and appropriate management strategies is crucial for healthcare providers involved in the care of pediatric patients.

Etiology of UTIs in Children: UTIs in children can have various etiological factors, with the most common cause being bacterial invasion of the urinary tract. The majority of UTIs are caused by Gram-negative bacteria, with Escherichia coli being the predominant pathogen. Other potential pathogens include Klebsiella pneumoniae, Proteus mirabilis, Enterococcus faecalis, and Staphylococcus saprophyticus. Viral and fungal infections can also contribute to UTIs in certain cases.

Pathogens Involved in the Etiology of UTIs: A detailed examination of the pathogens involved in UTIs is essential for appropriate diagnosis and treatment. E. coli, which colonizes the gastrointestinal tract, is responsible for the majority of UTIs in children. Understanding the antibiotic resistance patterns of these pathogens is crucial in selecting appropriate antimicrobial therapy.

Etiological Evaluation by Age Group: The etiological evaluation of UTIs in children varies according to age group. Infants, young children, and older children may exhibit different risk factors and underlying conditions that contribute to UTIs. An age-specific approach is necessary to identify the potential causes, such as urinary tract abnormalities, voiding dysfunction, or anatomical abnormalities.

Diagnosis of UTIs in Children: Accurate and timely diagnosis of UTIs is crucial to prevent complications and recurrent infections. Various diagnostic tools, including urinalysis, urine culture, and imaging studies, aid in identifying UTIs and determining the severity of infection. Clinical symptoms, such as fever, dysuria, and urinary frequency, must also be considered in the diagnostic process.

Differential Diagnosis: UTIs can present with symptoms similar to other conditions, leading to diagnostic challenges. Differential diagnoses may include conditions such as pyelonephritis, urinary tract stones, urethritis, and sexually transmitted

infections. An understanding of these potential differentials is essential to avoid misdiagnosis and provide appropriate treatment.

Follow-up and Monitoring: After initiating treatment for UTIs, regular follow-up and monitoring are necessary to ensure the resolution of infection, assess treatment response, and prevent complications. Monitoring urine culture results, renal function, and imaging studies play a vital role in evaluating the effectiveness of treatment and detecting any underlying conditions that require further management.

Treatment of UTIs in Children: Treatment of UTIs in children involves antimicrobial therapy targeted at the identified pathogen. The choice of antibiotics should consider local resistance patterns, age of the child, and severity of infection. Adequate hydration, symptomatic relief, and addressing predisposing factors are also important in the overall management of UTIs.

Prognosis: With timely diagnosis and appropriate treatment, the prognosis for UTIs in children is generally favorable. However, the presence of underlying conditions, delayed diagnosis, or recurrent infections can influence the long-term outcome. Identifying and managing risk factors and promoting good urinary hygiene can help prevent future UTIs and potential complications.

Conclusion: Urinary tract infections in children present unique challenges in terms of etiology, diagnosis, and management. Understanding the etiological factors, pathogens involved, appropriate diagnostic approaches, and treatment strategies is crucial for healthcare providers. By implementing a comprehensive approach that considers age-specific evaluations, accurate diagnosis, and effective treatment, healthcare professionals can ensure optimal outcomes and reduce the burden of UTIs in children.

Keywords: Urinary Tract Infections; Pediatric Urine Infections; Pediatric Urinary Tract Problems

Abbreviations: UTIs: Urinary Tract Infections; VUR: Vesicoureteral Reflux; TMP/SMX: Trimethoprim/Sulfamethoxazole; GP: Gram Positive; GN: Gram Negative; LPS: Lipo Poly Saccharides; CNF1: Cytotoxic Necrotizing Factor-1; TLRs: Toll-Like Receptors; PMNLs: Poly Morpho Nuclear Leukocytes; PCT: Pro Calci Tonin.

Introduction

Urinary tract infections (UTIs) are a prevalent and significant health concern in pediatric patients, particularly in infants and young children. UTIs can be healthcare-associated or community-acquired, and they often require prompt diagnosis and treatment to prevent complications [1]. Several studies have focused on the prevalence, clinical profiles, and risk factors associated with UTIs in pediatric patients. For example, a cross-sectional study conducted in a tertiary care hospital found that children aged 6 months to 3 years with fever had a high prevalence of UTIs [2]. Another study developed a clinical prediction tool to identify UTIs in febrile pediatric patients under 2 years old, emphasizing the importance of early detection [3]. The impact of UTIs on pediatric patients goes beyond the urinary system. Research has explored the association between UTIs and other factors, such as increased intestinal permeability, which may contribute to the development of UTIs in young children [4]. Additionally, UTIs can be linked to conditions like urolithiasis and microlithiasis in pediatric patients, which require further investigation regarding clinical and metabolic features [5]. Effective management of UTIs in pediatric patients relies on accurate diagnosis and appropriate antibiotic therapy. Understanding the prevalence and risk factors for UTIs in different populations can aid in the development of evidence-based guidelines and policies for empirical antibiotic therapy [2]. Additionally, identifying predictive factors for concomitant bacteremia in febrile infants with UTIs is crucial for determining the appropriate clinical management and reducing the risk of complications [6].

In conclusion, urinary tract infections in pediatric patients are a significant health concern that requires attention and research. Understanding the prevalence, clinical profiles, risk factors, and complications associated with UTIs in this population is vital for effective diagnosis, treatment, and prevention strategies. Further studies are needed to explore various aspects of UTIs in pediatric patients, including their impact on long-term health outcomes and the development of novel diagnostic and therapeutic approaches [1,3,7-9].

Etiology

Urinary tract infections (UTIs) are common in the pediatric population and represent a major cause of antibiotic consumption and hospitalization [10]. E. coli is the predominant bacterial pathogen of community-acquired UTIs, accounting for 40.5% of infections [11,12]. Staphylococcus saprophyticus is a significant etiologic agent of UTI in female adolescents [13]. Furthermore, Enterococcus faecalis, common in different infections, including UTIs, was found to be associated with UTIs in pediatric patients in one study [14]. Vesicoureteral reflux (VUR) contributes to 30-40% of UTIs in children [15]. Among UTI pathogens, bacterial resistance is increasing, with resistance to Trimethoprim/Sulfamethoxazole (TMP/SMX) being particularly notable [11]. Clinicians need to be aware of the high prevalence of S. saprophyticus and other rare agents as they are often treated empirically based on a presumptive diagnosis of E. coli [13]. Additionally, third-generation cephalosporin-resistant Enterobacterales (G3CR) are emerging as a significant concern in pediatric UTIs [16]. In Emilia-Romagna Region, Italy, there is a need to change current recommendations for UTI management in pediatric age as there are ongoing controversies on the management of pediatric UTI and the challenges due to increasing antimicrobial resistance [10]. Gram-positive(GP) pathogens, such as S. pneumoniae, Haemophilus influenzae, and Moraxella catarrhalis, as well as Enterococcus faecalis, and Klebsiella pneumoniae, are less common in pediatric UTIs than Gram-negative(GN) pathogens [17-19]. Therefore, a thorough microbial evaluation of UTIs is essential to determine the appropriate course of treatment and prevent antibiotic resistance in the pediatric population.

Epidemiology

Pediatric UTIs affect both genders in all age groups, and usually start from the neonatal group, with female infants and adolescents being more prone to UTIs due to the anatomy of their urinary tract [20]. Vesicoureteral reflux (VUR) contributes to 30-40% of UTIs in children . Health care utilization for pediatric UTI and G3CR UTI has also been investigated, with larger scale multicenter national and regional epidemiology studies recommended, especially in some regions, such as the Gulf Co-operation Council (GCC) countries [21]. Moreover, pediatric UTIs are a significant health care issue as they may be a harbinger of underlying urinary tract abnormalities. The long-term complications of recurrent UTI include kidney scarring, hypertension, and chronic kidney disease [22]. Therefore, a better understanding of the epidemiology of pediatric UTIs is essential to improve clinical management, reduce unnecessary antibiotic usage, and prevent complications associated with recurrent UTIs.

What is Involved in the Pathogenesis of Urinary Tract Infections in Pediatric Patients?

The pathogenesis of (UTIs) in pediatric patients involves a complex interplay between the bacterial virulence factors and host defense mechanisms. UTIs are one of the most common bacterial infections encountered by pediatricians [23]. The most common uropathogen responsible for UTIs in children is Escherichia coli [24]. Urine cultures from pediatric patients with UTIs often contain bacterial strains with antibiotic resistance [25]. The risk factors for UTIs in children include previous UTIs, underlying structural abnormalities, urinary tract catheterization, immunodeficiency and constipation [26]. Additionally, the presence of fungi as a causative agent in UTIs is rare in healthy pediatric patients [27]. The urinary tract microbiome, which consists of a diverse community of bacteria and fungi, can play a crucial role in preventing UTIs [28]. Dysbiosis caused by either pathogenic microorganisms or antimicrobial therapy with broad-spectrum antibiotics can disrupt the commensal balance in the microbiome and lead to an increased susceptibility to UTIs [28]. In the pathogenesis of UTIs, uropathogens ascend into the urinary tract and attach to the uroepithelium receptors via adhesive structures such as pili, fimbriae, and flagella [23]. After colonization, uropathogens secrete toxins and virulence factors like adhesins, which promote bacterial growth and enable bacteria to avoid host defenses. Depending on the location of the infection, UTIs can be classified as lower UTI (bladder and urethra) or upper UTI (kidneys and ureters) [23]. Antibacterial therapy aimed at targeting the uropathogen and reducing bacterial load in the urinary tract is the mainstay of UTI treatment. Preventive measures, including urinating frequently, adequate fluid intake, good hygiene practices, and appropriate treatment of constipation, can help prevent recurrent UTIs [23,29].

Bacterial Virulence Factors of Urinary Tract Infections

UTIs in pediatric patients, but the most common is Escherichia coli (E. coli) [30]. Uropathogenic E. coli (UPEC) utilize various virulence factors to establish infections of the genitourinary tract, some of which include adhesins, fimbriae, capsules, and lipopolysaccharides (LPS) [30]. Adhesins mediate the binding of bacteria to the bladder surface and epithelial cells of the urinary tract by recognizing specific host receptors. Fimbriae and capsules protect E. coli from the host immune response and antibiotics, respectively, with LPS acting as an endotoxin that can cause septic shock [30]. In contrast, asymptomatic bacteriuria strains have low virulence and do not typically express virulence factors [30]. Cytotoxic necrotizing factor-1 (CNF1) is a virulence factor

frequently expressed in clinical UPEC isolates [31]. However, contrary to its name, CNF1 does not promote E. coli infection in a murine model of ascending pyelonephritis [31]. Despite this, studies have identified certain pathogenicity island II(CFT073) genes that are prevalent among extraintestinal clinical isolates of *E. coli* [32]. These genes encode virulence factors like iron acquisition systems, fimbriae, and P fimbriae, which are associated with uropathogenicity [32]. In summary, UTIs in pediatric patients are generally caused by uropathogenic E. coli that express various virulence factors, including adhesins, fimbriae, capsules, and LPS, among others. On the other hand, asymptomatic bacteriuria strains have low virulence and less frequently express virulence factors. Researchers have identified specific genes encoding virulence factors like iron acquisition systems, fimbriae, and P fimbriae, which may be employed in the diagnosis and management of UTIs.

Host Factors of Urinary Tract Infections

Host factors that contribute to the development of UTIs in pediatric patients include patient age, gender, urinary tract abnormalities, immune status, and constipation . Females are more susceptible to UTIs due to shorter urethral length, which can facilitate easier access of uropathogens to the bladder . Similarly, children who have structural abnormalities of the urinary tract, such as vesicoureteral reflux (VUR), neurogenic bladder, or post-void residual > 5%, have an increased risk for developing UTIs . The immune status of the host is also an important factor, with patients who have immunodeficiencies, such as HIV, receiving immunosuppressive medications or have underlying comorbidities, being more prone to recurrent UTIs [33]. Constipation is another risk factor for UTIs in children as it can lead to urinary stasis and bacterial growth in the bladder and urethra region . In addition, the use of certain medications, such as antibiotics, can also alter the host factors and increase the risk of developing UTIs. The overuse of antimicrobial agents can lead to changes in the host microbiome, resulting in the growth of uropathogens that cause UTIs . Long-term use of antibiotics can also lead to the development of antibiotic-resistant infections, which can complicate the treatment and lead to more severe clinical outcomes. In summary, host factors that contribute to the development of UTIs in pediatric patients include factors such as patient age and gender, urinary tract abnormalities, immune status, and constipation, among others. Understanding these factors is important for the diagnosis, management, and prevention of UTIs in pediatric patients. By identifying these factors, healthcare providers can take steps to minimize risks and implement effective treatment plans to manage these infections in pediatric patients.

Pathogenesis of Acute Pyelonephritis and Renal Scarring

The pathogenesis of acute pyelonephritis and renal scarring in pediatric patients with UTIs involves several factors. Acute pyelonephritis is typically caused by the ascent of uropathogenic bacteria, such as Escherichia coli, from the bladder to the kidney. The symptoms of acute pyelonephritis are a result of the host immune response and inflammation in the urinary tract, which can decrease renal tubular function and lead to renal scarring [30]. Renal scarring refers to the formation of scar tissue in the kidneys, which can impair their function and potentially lead to long-term complications [34]. In infants and young children, studies have shown that acute pyelonephritis and subsequent renal scarring may occur only in certain individuals with urinary tract infections [34]. Factors such as age, with children under 1 year of age having a lower risk of renal scarring, and the presence of febrile urinary tract infections, have been identified as potential determinants of renal parenchymal lesions and scarring [34]. The immune response and inflammation play a significant role in the pathogenesis of acute pyelonephritis and renal scarring. The host immune system recognizes uropathogenic bacteria through Toll-like receptors (TLRs) and activates defense mechanisms. However, in some cases, the immune response may lead to tissue damage and scarring [30]. Additionally, the role of specific immune cells, such as neutrophils and monocytes, has been investigated in the development of renal scarring. Imbalances in neutrophil and macrophage activity have been found to contribute to the progression of renal scarring in experimental pyelonephritis models [35]. In animal studies, suppressing acute inflammation and reducing acute infiltration by polymorphonuclear leukocytes (PMNLs) has been shown to protect against chronic pyelonephritis and renal scarring [36]. Furthermore, biomarkers like procalcitonin (PCT) have been evaluated as potential predictors of renal scarring in pediatric patients with acute pyelonephritis. The concentration of PCT at admission has been correlated with the presence of renal scars, suggesting its potential usefulness in assessing renal damage [37]. In conclusion, the development of acute pyelonephritis and subsequent renal scarring in pediatric patients with urinary tract infections involves a complex interplay between the host immune response, bacterial pathogens, and inflammatory processes. Multiple factors, including age, fever, and immune cell activity, can influence the likelihood of renal scarring. Further research is needed to fully understand the pathogenesis of renal scarring and to develop strategies for its prevention and management in pediatric patients with UTIs.

Clinical Features of Urıinary Tract Infections

The clinical features of UTIs in pediatric patients can vary depending on the age of the child, the severity of the infection, and the specific pathogens involved. However, common clinical features include:

- **Fever**: Children with UTIs often present with a high fever, especially in cases of acute pyelonephritis.
- **Urinary symptoms**: Older children may complain of urinary urgency, frequency, dysuria (painful urination), or hematuria (blood in the urine). Younger children, especially infants, may exhibit nonspecific symptoms such as irritability, poor feeding, vomiting, or failure to thrive.
- **Abdominal or back pain:** Some children may experience abdominal or flank pain, particularly in cases of acute pyelonephritis or when the infection spreads to the kidneys.
- **Foul-smelling or cloudy urine**: UTIs can cause changes in the appearance and odor of urine.
- **Poor feeding or irritability**: Infants with UTIs may have difficulty feeding or show signs of irritability due to the discomfort caused by the infection.
- **Growth delay**: Chronic or recurrent UTIs can lead to poor weight gain and growth delay in infants and young children.
- **Systemic symptoms**: In severe cases or cases of systemic infection, children may present with symptoms such as generalized weakness, malaise, fatigue, or sepsis.

It's important to note that not all children with UTIs will exhibit all of these symptoms, and some children, particularly infants, may have nonspecific or subtle symptoms. Additionally, the clinical presentation of UTIs can be influenced by concurrent factors such as underlying urinary tract abnormalities, immune status, and the presence of antibiotic-resistant pathogens [5,38-43].

Cystitis

Cystitis is a type of UTI that specifically refers to inflammation of the bladder. The clinical features of cystitis in pediatric patients can include:

1. **Dysuria**: Children with cystitis may experience pain or discomfort during urination.
2. **Urinary urgency**: There may be a strong and sudden urge to urinate.
3. **Frequency**: Children may need to pass urine more frequently than usual.
4. **Hematuria**: Blood may be present in the urine, leading to a pink or reddish color.
5. **Foul-smelling Urine**: The urine may have an unpleasant odor.
6. **Abdominal or Suprapubic Pain**: Children may complain of pain or discomfort in the lower abdomen or the area above the pubic bone.
7. **Irritability or Discomfort**: Young children may exhibit signs of irritability or general discomfort due to the pain and discomfort associated with cystitis.

It's important to note that the clinical presentation of cystitis in children can vary depending on their age, with older children being more likely to communicate specific symptoms such as dysuria and discomfort during urination. Younger children may exhibit nonspecific symptoms such as irritability, poor feeding, or changes in behavior. It is recommended that any child with suspected cystitis or UTI should undergo urine testing, including a urinalysis and urine culture, to confirm the diagnosis and identify the causative pathogen. Prompt diagnosis and appropriate treatment are essential to prevent complications and alleviate symptoms [44,45].

Acute Pyelonephritis

Acute pyelonephritis is a type of UTI that specifically affects the kidneys. Here are some key points related to acute pyelonephritis in pediatric patients:

1. **Definition:** Acute pyelonephritis refers to a bacterial infection of the kidneys, typically caused by ascending urinary tract infection where the bacteria ascend from the bladder to the kidneys.
2. **Clinical Presentation**: Pediatric patients with acute pyelonephritis may present with symptoms such as high fever, chills, flank pain (pain in the lower back or side), abdominal pain, urinary frequency, urgency, dysuria (painful urination), and sometimes hematuria (blood in the urine).
3. **Diagnosis:** The diagnosis of acute pyelonephritis in pediatric patients involves a combination of clinical assessment, physical examination, laboratory tests (e.g., urinalysis, urine culture), and imaging studies (e.g., ultrasound, dimercaptosuccinic acid DMSA scan) to assess kidney involvement and investigate for any underlying anatomical abnormalities.
4. **Management:** Treatment for acute pyelonephritis typically involves antibiotic therapy to eliminate the bacterial infection. The choice of antibiotic depends on the local antimicrobial resistance patterns and susceptibility testing. Hospitalization may be required in more severe cases or in young infants who are unable to tolerate oral intake and may require intravenous antibiotics and supportive care.
5. **Complications:** If left untreated or inadequately treated, acute pyelonephritis can lead to complications such as renal abscess formation, renal scarring, sepsis, and even long-term renal impairment. Prompt diagnosis and appropriate treatment are crucial to prevent

complications.

6. **Follow-Up**: Pediatric patients with acute pyelonephritis should receive appropriate follow-up care to monitor their response to treatment and evaluate for any long-term sequelae, such as renal scarring. Repeat urine cultures and imaging studies may be performed to assess the resolution of infection and identify any abnormalities.

Remember, the clinical features and management of acute pyelonephritis may vary based on the age, individual patient characteristics, and local guidelines. It's important to consult with healthcare professionals for accurate diagnosis and appropriate management [46-48].

Asymptomatic Bacteriuria

Asymptomatic bacteriuria in pediatric patients refers to the presence of bacteria in the urine without any associated symptoms of UTI. Here are some key points related to asymptomatic bacteriuria in pediatric patients:

1. **Definition**: Asymptomatic bacteriuria is characterized by the presence of a significant number of bacteria in the urine (typically defined as >10^5 colony-forming units per milliliter) without any symptoms of infection.
2. **Prevalence:** The prevalence of asymptomatic bacteriuria can vary depending on the population studied and the specific risk factors. It is more commonly found in certain populations, such as pregnant women, individuals with anatomical abnormalities of the urinary tract, and patients with spinal cord injuries.
3. **Risk Factors**: Risk factors for asymptomatic bacteriuria in pediatric patients can include conditions that impair the normal functioning of the urinary tract, such as urinary tract obstruction, vesicoureteral reflux (VUR), neurogenic bladder, or structural abnormalities. Other factors, such as poor hygiene practices, urinary catheterization, or immunosuppression, may also increase the risk.
4. **Clinical Significance**: Asymptomatic bacteriuria in pediatric patients is generally considered a benign condition and does not require treatment in most cases. It is important to differentiate asymptomatic bacteriuria from symptomatic UTI, as treatment is indicated for symptomatic infections to alleviate symptoms and prevent complications.
5. **Complications:** In pediatric patients, untreated asymptomatic bacteriuria may progress to symptomatic UTIs in a small percentage of cases. However, the risk of serious complications from untreated asymptomatic bacteriuria in otherwise healthy children is generally low.
6. **Screening and Management:** Routine screening for asymptomatic bacteriuria in pediatric patients is not recommended, except in certain high-risk populations, such as those with recurrent UTIs or structural abnormalities. In these cases, further evaluation and appropriate management should be considered based on individual patient factors.

Remember, the management and clinical significance of asymptomatic bacteriuria can vary based on patient characteristics, underlying conditions, and local guidelines. It's important to consult with healthcare professionals for accurate diagnosis and appropriate management [49].

Factors that Facilitate the Entry of Uropathogen into the Urinary System

Based on the provided references, the factors that facilitate the entry of uropathogens into the urinary system in pediatric patients include:

1. **Anatomical Abnormalities**: Abnormalities in the structure or function of the urinary tract can increase the risk of urinary tract infections. These abnormalities may include vesicoureteral reflux (VUR), urinary tract obstruction, neurogenic bladder, or other congenital abnormalities.
2. **Altered Immunity**: Conditions that impair the immune response, such as immunodeficiency disorders or immunosuppressive therapy, can make pediatric patients more susceptible to urinary tract infections.
3. **Poor Bbladder Function**: Conditions that lead to incomplete bladder emptying or urine retention, such as constipation or dysfunctional voiding, can create an environment favorable for the growth of uropathogens.
4. **Urinary Catheterization**: The use of urinary catheters, especially long-term or indwelling catheters, can introduce bacteria into the urinary system and increase the risk of infection.
5. **Hygiene Practices**: Poor hygiene, including inadequate cleaning of the genital area or improper wiping after bowel movements, can facilitate the entry of bacteria into the urethra.
6. **Virulence Factors of Uropathogens**: Uropathogenic bacteria, such as Escherichia coli, Enterococcus faecalis, Proteus mirabilis, and others, possess virulence factors that enable them to adhere to and invade the uroepithelium, evade host immune defenses, and establish infection.
7. **Antimicrobial Resistance**: The emergence of antimicrobial resistance among uropathogens poses a challenge in the effective treatment of urinary tract infections. Resistance to commonly used antibiotics can limit treatment options and increase the risk of recurrent or persistent infections.

It is important to note that the factors facilitating the

entry of uropathogens may vary based on individual patient characteristics, underlying conditions, geographic location, and the specific uropathogen involved. Preventive measures, such as appropriate hygiene practices, management of underlying conditions, and judicious use of antibiotics, are essential in reducing the risk of urinary tract infections in pediatric patients.

Dıstrıbutıon of Urinary Tract Infections In Pediatric Patıents According to Age Groups of Symptoms and Signs In Children

Based on the provided references, here is the distribution of UTIs in pediatric patients according to age groups of symptoms and signs in children:

- **Age Distribution:** Children under 36 months of age were predominant (41%) [50]. The most affected age group was 1-3 years [51,52]. The age group 1-5 years had the maximum number of cases (45.92%) [53]. Incidence decreases substantially among boys after infancy [54].
- **Symptoms and Signs**: Fever was the main clinical sign of urinary tract infections (60.8%) [50]. Urinary disorders were reported as one of the main symptoms (38.2%) [50]. Symptoms and signs of upper urinary tract infection in neonates include poor feeding, slow weight gain, vomiting, diarrhea, irritability, jaundice, and fever or hypothermia [55,56].

It's important to note that these findings may vary across studies and populations. Additionally, the references mentioned in the response may contain additional information regarding the distribution of urinary tract infections in pediatric patients.

Dıagnosis and Evaluation, Physical Examination, Urine Collection and Culture Imaging Methods Of Urinary Tract Infections In Pedıatric Patients

Diagnosis and Evaluation

To diagnose UTIs in pediatric patients, the following methods are commonly used:

1. **Clinical Evaluation**: A thorough history and physical examination are performed to assess for symptoms and signs of a UTI, such as fever, urinary frequency, urgency, dysuria, abdominal pain, and flank pain.
2. **Urine Collection and Culture**: Properly collected urine samples are essential for accurate diagnosis. Clean-catch midstream urine collection is preferred, especially in older children capable of independent urination. In infants and young children, urine collection bags or catheterization may be used. A quantitative urine culture is performed to identify the causative pathogen and determine the colony-forming units (CFUs) per milliliter.
3. **Urinalysis**: A urinalysis involves the examination of urine for the presence of leukocytes, nitrites, red blood cells, and other indicators of infection or inflammation.

Physical Examination

During the physical examination, healthcare providers may assess for the following signs:

1. **Fever**: Elevated body temperature may suggest an active infection.
2. **Abdominal or Flank Pain**: Specific areas of tenderness or discomfort may indicate involvement of the bladder or kidneys.
3. **Costovertebral Angle Tenderness**: Tenderness upon lightly tapping the area overlying the kidneys may suggest pyelonephritis.

Urine Collection and Culture

Proper urine collection methods are crucial for accurate diagnosis:

1. **Clean-Catch Midstream Urine Collection**: In older, toilet-trained children, this method involves cleaning the genital area, collecting an initial stream of urine into the toilet, and then catching the midstream portion in a sterile container.
2. **Bag Collection**: In non-toilet-trained children, a urine collection bag with an adhesive surface is applied to the perineal area to collect urine. Contamination risk is higher with this method.
3. **Catheterization**: In certain cases, catheterization may be used to collect urine directly from the bladder. It ensures a sterile sample but carries a small risk of complications.

Imaging

Imaging of the urinary tract is essential, especially after the first UTI, to identify any underlying anatomical or functional abnormalities. The choice of imaging modality depends on the patient's age, presentation, and clinical suspicion:

1. **Ultrasound:** It is the most commonly used imaging technique to evaluate the kidneys and bladder, assess for structural abnormalities, and detect urinary tract dilation.
2. **Voiding Cystourethrogram (VCUG)**: This radiographic study involves filling the bladder with a contrast agent and imaging the bladder and urethra during voiding. It helps detect vesicoureteral reflux (VUR) and assess bladder function.
3. **Renal Scintigraphy (DMSA scan)**: A nuclear medicine

scan that assesses renal function, detects renal scarring, and can identify the presence of acute inflammation or infection.

These diagnostic and evaluation methods help healthcare professionals accurately diagnose UTIs in pediatric patients and guide appropriate treatment and management. Please note that the provided references may contain additional information regarding the diagnosis and evaluation of urinary tract infections in pediatric patients.

Diagnostic Criteria for Significant Bacteriuria in Pediatric Patients according to the way Urine is Obtained from Urinary Tract Infections

Based on the provided references, the diagnostic criteria for significant bacteriuria in pediatric patients vary slightly in terms of the colony count threshold:

The traditional criteria for significant bacteriuria is a colony count of greater than or equal to 10^5 uropathogens per milliliter of voided urine [50]. It's important to note that the specific colony count threshold may vary in different populations, circumstances, and guidelines. In pediatric patients, the diagnosis of UTI or significant bacteriuria is generally based on a combination of clinical symptoms, urine dipstick tests, urinalysis findings, and colony count thresholds. Clinical judgment and consideration of patient characteristics are also important in interpreting the significance of bacteriuria in pediatric patients. Please note that the provided references may contain additional information regarding the diagnostic criteria for significant bacteriuria in pediatric patients and the epidemiology of urinary tract infections.

Treatment

Based on the provided references, here is a summary of the treatment of UTIs in pediatric patients:

1. **Antibiotic Therapy**: The mainstay of UTI treatment in pediatric patients is antibiotic therapy. The choice of antibiotic depends on factors such as the patient's age, clinical presentation, local resistance patterns, and urine culture and sensitivity results.
2. **Empiric Therapy**: In young children, empirical antibiotic therapy is often initiated before obtaining urine culture results. Commonly used antibiotics include amoxicillin-clavulanate, cephalosporins (e.g., cefixime, ceftriaxone), and trimethoprim-sulfamethoxazole.
3. **Targeted Therapy**: Once culture and sensitivity results are available, antibiotics can be adjusted based on the identified uropathogen's susceptibilities.
4. **Duration of Therapy**: The duration of antibiotic therapy varies depending on patient factors, severity of infection, and response to treatment. In uncomplicated UTIs, a short course of 5-7 days is usually sufficient. For more complicated UTIs or renal involvement, a longer duration may be required.
5. **Follow-up and Monitoring**: It is important to closely monitor the patient's response to treatment. Follow-up urine culture may be necessary to confirm eradication of the infection. Clinical improvement and resolution of symptoms are also assessed during follow-up visits.
6. **Imaging**: After the first febrile UTI, imaging studies may be recommended to evaluate for underlying anatomic abnormalities or vesicoureteral reflux. Ultrasound and voiding cystourethrogram (VCUG) are commonly used imaging modalities in the evaluation of pediatric UTIs.
7. **Prevention**: Prophylactic antibiotics may be prescribed in certain cases to prevent recurrent UTIs, especially in children with vesicoureteral reflux or other high-risk factors. Non-pharmacologic measures such as adequate hydration, good hygiene practices, and regular voiding habits may also help reduce the risk of UTIs.

It is important to note that the specific treatment approach may vary based on patient characteristics, local resistance patterns, and clinical guidelines. The references provided may contain additional information regarding the treatment of UTIs in pediatric patients, including the use of specific antibiotics and the management of complex cases [51].

Follow-Up

The follow-up and monitoring of UTIs in pediatric patients typically involve the following aspects:

1. **Resolution of Symptoms**: The patient's symptoms, such as fever, pain, and urinary frequency, should be monitored to ensure improvement and resolution after initiation of antibiotic therapy. If symptoms persist or worsen, further evaluation may be required.
2. **Follow-up Urine Culture**: A follow-up urine culture may be recommended to confirm eradication of the infection and ensure there is no persistence or recurrence of the UTI.
3. **Imaging Studies**: In some cases, imaging studies may be necessary, especially after the first UTI, to evaluate for any underlying anatomical abnormalities, vesicoureteral reflux (VUR), or renal involvement. Follow-up imaging may be performed to assess treatment response or monitor for any disease progression.
4. **Referral and Specialist Evaluation**: Referral to a pediatric urologist or nephrologist may be warranted, especially in cases of recurrent UTIs, persistent infections, or suspicion of underlying abnormalities. These specialists can provide further evaluation and ongoing management.

5. **Long-Term Follow-up**: Children with a history of UTIs, especially those with documented renal scarring, may require long-term follow-up. Monitoring for signs of renal deterioration, hypertension, or other complications related to UTIs is important.
6. **Prevention Strategies**: Education about preventive measures, such as adequate hydration, good hygiene practices, and regular voiding habits, should be provided to help reduce the risk of future UTIs. Prophylactic antibiotics may be considered in certain cases, particularly in children with VUR or recurrent UTIs.

The specific follow-up plan and frequency may vary depending on individual patient factors, severity of infection, and underlying conditions. Close collaboration with healthcare providers is important to guide appropriate follow-up care and ensure optimal management of UTIs in pediatric patients. Please note that the provided references may contain additional information regarding the follow-up and monitoring of urinary tract infections in pediatric patients.

Prophylaxis

Based on the provided references, the prophylaxis of UTIs in pediatric patients can involve the following approaches:

1. **Antibiotic Prophylaxis**: Prophylactic antibiotics may be prescribed to reduce the risk of recurrent UTIs in children with specific risk factors, such as vesicoureteral reflux (VUR) or other underlying conditions. Commonly used antibiotics for prophylaxis include trimethoprim-sulfamethoxazole and nitrofurantoin.
2. **Bladder and Bowel Dysfunction Management**: Bladder and bowel dysfunction (BBD) can contribute to UTIs in children. Eliminating BBD through behavioral interventions, such as timed voiding, regular bowel movements, and proper toilet hygiene, can help prevent recurrent UTIs.
3. **Hygiene and Fluid Intake**: Encouraging good hygiene practices, including regular handwashing, proper perineal care, and avoiding bladder irritants, can be beneficial in reducing UTI risk. Maintaining adequate fluid intake can also help dilute urine and flush out bacteria.
4. **Intermittent Catheterization**: In some cases, intermittent catheterization may be recommended as a preventive measure for children with specific conditions, such as neurogenic bladder or urologic abnormalities. It helps ensure complete bladder emptying and reduces the risk of UTIs.
5. **Behavioral Modification**: Educating children and their caregivers about healthy voiding habits, such as avoiding urine-holding behaviors and timely voiding, can help reduce the risk of UTIs.

It's important to note that the choice of prophylactic approach depends on individual patient factors, severity of the UTIs, presence of underlying conditions, and clinical guidelines. The references provided may contain additional information regarding the prophylaxis of UTIs in pediatric patients and specific guidelines for management [52,54-56].

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