

## 16.9 Prostatitis

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DEFINITION	Prostatitis occurs mostly in young and middle-aged men. It is usually caused by the same organisms that cause urethritis and UTIs. There may be concomitant epididymitis and/or UTI. Since UTIs are rare in men younger than age 70 and without chronic illness, most men with UTI symptoms have prostatitis. Acute prostatitis in men <35 years of age need high suspicion of CT/GC. Men $\geq$ 35 years of age or homosexual then consider enterobacter.
SUBJECTIVE	<u>May include:</u> <ol style="list-style-type: none"><li>1. Back pain.</li><li>2. Blood in semen.</li><li>3. Cloudy urine.</li><li>4. Dysuria.</li><li>5. Elevated temperature.</li><li>6. Myalgia.</li><li>7. Pelvic pain.</li><li>8. Pain with ejaculation.</li></ol>
OBJECTIVE	<u>Must include:</u> <ol style="list-style-type: none"><li>1. Vital signs – BP, temperature, pulse.</li><li>2. Abdominal exam.</li><li>3. Genital exam.</li><li>4. Prostate exam – prostate will feel boggy and tender upon palpation. <i>*Note: Never massage prostate for secretions in a patient whom you suspect of having acute prostatitis. This can exacerbate bacteremia.</i></li></ol>
LABORATORY	<u>Must include:</u> <ol style="list-style-type: none"><li>1. CT/GC testing.</li></ol> <u>May include:</u> <ol style="list-style-type: none"><li>1. Urine culture.</li><li>2. CBC.</li></ol>
ASSESSMENT	Prostatitis.
PLAN	Consult medical director or primary care provider to start antibiotics, and then refer to primary care provider.
PATIENT EDUCATION	1. Emphasize the importance of follow-up care.

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