Uncomplicated Cystitis Independent Study Program for Manitoba Pharmacists

Continuing Professional Development Information:	This learning activity is provided by the College of Pharmacists of Manitoba and can be claimed as a maximum of 5 accredited CEU in the online Professional Development Log.
Approval Date:	December 2021, Updated February 2024
Cost:	This Module is provided free of charge, but subscriptions are required to access some of the required and recommended resources.

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Introduction to the Program

Welcome to the *Uncomplicated Cystitis Independent Study Program for Manitoba Pharmacists*.

This independent study consists of viewing a presentation on safe and effective prescribing, and reviewing this document and the required resources, in addition to any other clinical resources you seek out to enhance your knowledge of uncomplicated cystitis. The *Uncomplicated Cystitis Independent Study Program for Manitoba Pharmacists* does not cover all the clinical or therapeutic aspects of prescribing for uncomplicated, recurrent cystitis.

The Pharmaceutical Regulation in Manitoba provides pharmacists with the authority to prescribe for uncomplicated cystitis when following the restrictions set out in the Regulation and the appropriate practice directions.

Pharmacists wanting to include prescribing for uncomplicated, recurrent cystitis as part of their practice must complete this independent study. There is no post-test for this Module. Successful completion does not automatically grant pharmacists the authority to prescribe for uncomplicated cystitis.

Following completion, pharmacists must fill out an application and receive approval from the College of Pharmacists of Manitoba (CPhM).

More information on this process can be found near the end of this module or on the CPhM website.

There is no administrative fee charged by CPhM to complete this module, but a pharmacist may need to pay subscription fees to access some of the resources required or recommended.

Once you have completed the Uncomplicated Cystitis Independent Study Program, please provide your feedback on the program using the online form here. You need to submit your evaluation in order to obtain a statement of participation.

Note that this independent study does not include the required education to prescribe for the other self-limiting conditions, smoking cessation, or hormonal contraception. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Learning Objectives

Upon completion of this self-study, participants will be able to:

- Describe and apply the Manitoba regulations and practice directions related to pharmacist prescribing for uncomplicated, recurrent cystitis.
- Define uncomplicated cystitis.
- Locate additional resources for prescribing for uncomplicated cystitis.

Fundamentals of Prescribing for Manitoba Pharmacists Presentation

Fundamentals of Prescribing for Manitoba Pharmacists

Updated July 2026

Video: https://youtu.be/hk4P-zKsAts

Approximate time to complete: 60 minutes (with viewing external links)

The slides for the presentation can be found here: https://cphm.ca/resource/fundamentals-of-prescribing-for-manitoba-pharmacists-slides/

DPIN Pharmacist Prescriber Number

All licensed pharmacists are entered into DPIN as prescribers. Pharmacist prescriber numbers consist of the prefix 'X' followed by the pharmacist's licence number. For example, 'X12345.' Pharmacists must use this prescriber number when entering a prescription into DPIN.

For more information on the claims submission procedure, please see the Manitoba Health website: Pharmacare Information for Health Professionals | Health | Province of Manitoba (gov.mb.ca)

Legislation

Pharmaceutical Regulation

The *Pharmaceutical Act* in Manitoba was passed and received Royal Assent on December 7th, 2006. The legislation was proclaimed by the government and came into effect on January 1, 2014. The *Pharmaceutical Act* can be viewed here.

In December 2021, the Manitoba Pharmaceutical Regulation was amended to include pharmacist prescribing for uncomplicated cystitis.

Section 118(5) of the Pharmaceutical Regulation states:

> *118 (5) Subject to this Part, a member who has completed a training program approved by the council may prescribe a drug for use in the treatment of uncomplicated cystitis if the drug is specified for the treatment of uncomplicated cystitis in a product monograph authorized by Health Canada.*

It is imperative that pharmacists authorized to prescribe for uncomplicated cystitis understand the other applicable sections of the Pharmaceutical Regulation to the *Pharmaceutical Act*.

Practice Directions

A review of the *Act, Regulation,* including Standards of Practice, Code of Ethics and Practice Directions is required when prescribing for uncomplicated cystitis. *The Pharmaceutical Act December 2006*, defines a "practice direction" as follows:

> **"practice direction"** means a written statement made by the council for the purpose of giving direction to members and owners about the conduct of their practices or pharmacy operations.

The applicable parts of the legislation will be reviewed briefly in the presentation on Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists, but pharmacists wanting to prescribe for uncomplicated cystitis **must** also review and understand the following Practice Directions:

Prescribing

Standard of Practice #4: Prescribing and Dispensing

Standard of Practice #12: Records and Information

Ensuring Patient Safety

Patient Counselling

Referring a Patient

Sale of Schedule 2 Drugs

Sale of Schedule 3 Drugs

Pharmacy Facilities

Collaborative Care

Please note: More Practice Directions will be included as they become available.

Code of Ethics

Pharmacists in Manitoba are bound by the CPhM Code of Ethics. It requires pharmacists to maintain a high standard of professional competence and hold the health and safety of each patient to be of primary consideration. Pharmacists should review the Code of Ethics and associated explanatory document for a refresher on their professional responsibilities.

Health Canada Authorized Product Monographs

Product monographs authorized by Health Canada can be found by searching Health Canada's Drug Product Database.

Once on the Drug Product Database website:

- Click on "Search the Drug Product Database".
- Enter the appropriate search information for the drug you want to find (e.g., DIN, active ingredient, or product name, etc.) and click "search".
- Once a list of drug products populates, choose the correct drug and click on its DIN. You will be brought to the product information for that drug.
- Click the link to the product monograph which can be found under the section "Product Monograph/Veterinary Labelling".

Pharmacists must review the monographs for the products that they are prescribing.

Defining Uncomplicated Cystitis

Urinary tract infections include those bacterial infections that infect the bladder or lower urinary tract, known as cystitis, and those that infect the kidney or upper urinary tract, known as pyelonephritis (Hooton and Gupta 2021)[1].

The scope of a pharmacist's prescribing is uncomplicated, recurrent cystitis in non-pregnant women. Patients who have not had a previous diagnosis of cystitis OR who have had a previous occurrence of cystitis within 1 month must be referred to an appropriate health care provider as this is outside of the scope of pharmacist prescribing in Manitoba.

Those patients presenting with the following conditions must be referred to an appropriate health care provider:

- UTI treatment less than one month ago,
- anatomic abnormality (cystocele, diverticulum, fistula),
- catheterized,
- vesicoureteral reflux,
- neurologic disease resulting in voiding dysfunction,
- obstruction (bladder outlet obstruction, ureteral stricture, ureteropelvic junction obstruction, urolithiasis), and
- immunocompromised.

These preceding conditions place patients into the complicated treatment category (RxFiles Newsletter 2017)[2].

Further limitations (situations when to refer) can be found in the required readings.

Clinical and Therapeutic Knowledge and Skill

It is your responsibility to use the resources available to you to ensure the medication you are prescribing is safe and appropriate.

Pharmacists who want to prescribe for uncomplicated, recurrent cystitis must be knowledgeable in all pertinent aspects of uncomplicated cystitis. Section 18 of the Pharmaceutical Regulation states that a member may only engage in the aspects of pharmacy practice that he or she has the requisite knowledge, skill, and judgment to provide or perform and that are appropriate to his or her area of practice. Pharmacists need to seek and complete additional training as needed to fulfill this requirement.

Pharmacists must also be familiar with policies and guidelines applicable to prescribing that may be in place within their place of employment or organization.

In addition to the required and suggested readings below, reviewing other evidence-based clinical references and resources may be extremely beneficial or even necessary to supplement your knowledge and to ensure you are competent and confident in prescribing for uncomplicated, recurrent cystitis. Some are American resources, and this should be kept into consideration while reviewing. American references should not be used as the sole source of information on product availability, scheduling, and guidelines.

These resources can include, but are not limited to:

- Canadian Pharmacist's Letter
- Cochrane Library
- CPS: Drug Information (formerly RxTx) / Compendium of Therapeutic Choices (CTC)
- Lexicomp
- Martindale
- Medline/PubMed
- Micromedex
- RxFiles
- UpToDate

Pharmacy managers should have reference material consistent with the standards of practice and any additional references that may be necessary in a pharmacy practice specific to the location and scope of practice.

Required Readings

When reviewing sources, please note that prescribing rights of pharmacists in Manitoba may differ from pharmacists and clinicians in other provinces.

The following resources **must** be reviewed:

Cystitis: Acute, Uncomplicated Guidelines medSask is a non-profit that supports appropriate prescribing and medication safety in Saskatchewan by providing accurate, evidence-based information on medications and medication therapy to the general public, healthcare providers, and other stakeholders. medSask has created Cystitis: Acute, Uncomplicated Guidelines for pharmacists. These guidelines provide concise and thorough information specific to pharmacist prescribers. They also include a treatment algorithm and sample pharmacist assessment record. Please note the "Billing" section does not apply to pharmacists in Manitoba. A subscription is required to view this resource and also includes access to the other medSask minor ailments guidelines.
The assessment and management of urinary tract infections in adults: Guidelines for pharmacists The Canadian Pharmacist Journal (CPJ) is a peer-reviewed journal of the Canadian Pharmacists Association (CPhA) that focuses on pharmacy practice research and emerging evidence in pharmacy care. The CPhA publishes several other drug and therapeutics references and is best known for publishing the Compendium of Pharmaceutical Sciences or CPS that is considered the national standard on drug information used by physicians, nurses, pharmacists and other allied health professionals. In the fall of 2017, CPJ published a clinical practice guideline for pharmacists on the assessment and management of urinary tract infections in adults[3], which can serve as a standard for practicing pharmacists in Manitoba. This guideline must be reviewed in its entirety.
Antibiotics & Common Infections ABX-2: Uncomplicated Cystitis & Skin Stewardship, Effectiveness, Safety & Clinical Pearls RxFiles is an academic detailing program based out of the College of Pharmacy and Nutrition at the University of Saskatchewan that provides objective, comparative drug information to clinicians. Please review the parts of the document involving cystitis including the summary

"Uncomplicated Cystitis in Woman – Management Considerations" section in April 2017 RxFiles Newsletter, Antibiotics & Common Infections ABX-2: Uncomplicated Cystitis & Skin Stewardship, Effectiveness, Safety & Clinical Pearls.

Additional Resources

The following resources are recommended, but may require payment or a membership to access:

Acute simple cystitis in women & Recurrent simple cystitis in women UpToDate is an evidence-based clinical decision support resource for medical professionals. Its authors and editors combine available clinical evidence and best clinical practices. Topics are updated in a timely manner as new evidence becomes available. Please review the Acute simple cystitis in women and Recurrent simple cystitis in women[4] topics. A subscription is required to view this resource and also includes access to the other UpToDate topics.
Urinary Tract Infection The CPS: Drug Information and Therapeutic Choices, is published by the Canadian Pharmacists Association (CPhA), which is considered a national standard on evidence-based clinical and therapeutic information, written by leading experts in the field. The CPS contains a chapter on Urinary Tract Infection, which is updated and maintained regularly. Membership/payment is required to access the guideline: https://www.myrxtx.ca/login?auth=fail
The Society of Obstetrics and Gynecology of Canada Guidelines on Recurrent Urinary Tract Infections The Society of Obstetrics and Gynecology of Canada (SOGC) is a national organization that aims to promote excellence in the practice of obstetrics and gynecology. Their most recent guidelines on Recurrent Urinary Tract Infections[5] were published in 2017 in the Journal of Obstetrics and Gynecology of Canada (JOGC). This resource is developed primarily for physicians and specialists, and is not specific to the scope of practice of pharmacists. Membership/payment is required to access the guideline.

Authorization to Prescribe for Uncomplicated Cystitis

All Pharmacists wanting to include prescribing for uncomplicated cystitis as part of their practice must complete this independent study, including viewing the Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists presentation and supplement their clinical knowledge as needed. Successful completion does not automatically grant pharmacists the authority to prescribe for uncomplicated cystitis.

Following completion, pharmacists must fill out an application and receive approval from the College of Pharmacists of Manitoba. More information can be found here: https://cphm.ca/practice-education/prescribing-uncomplicated-cystitis/

A reminder that pharmacists can prescribe a drug for uncomplicated cystitis only if the drug is specified for the treatment of uncomplicated cystitis in a product monograph authorized by Health Canada.

Note that this independent study does not include the required education to prescribe for hormonal contraception, smoking cessation, or any of the self-limiting conditions in Schedule 3 to the Pharmaceutical Regulation. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Claiming the Learning Activity on your Professional Development Log

Once you have completed the *Uncomplicated Cystitis Independent Study Program for Manitoba Pharmacists*, please provide your feedback on the program using the online form here. You need submit your evaluation in order to obtain a statement of participation.

This learning activity is provided by the College of Pharmacists of Manitoba and can be claimed as a maximum of 5 accredited CEU in the online Professional Development Log.

Works Cited

1. Hooton, TM, Gupta K. *Recurrent simple cystitis in women.* UpToDate. Available at: https://www.uptodate.com/contents/recurrent-simple-cystitis-in-women. Updated June 4, 2021. Accessed on November 30, 2021.

2. *Antibiotics & Common Infections ABX-2: Uncomplicated Cystitis & Skin Stewardship, Effectiveness, Safety & Clinical Pearls.* RxFiles Newsletter. Available at: https://www.rxfiles.ca/rxfiles/uploads/documents/ABX-2-Newsletter-Cystitis-and-SSTI.pdf. Published April 2017. Accessed on November 30, 2021.

3. Beahm NP, Nicolle LE, Bursey A, Smyth DJ, Tsuyuki RT. *The assessment and management of urinary tract infections in adults: Guidelines for pharmacists.* US National Library of Medicine National Institutes of Health. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5582677/. Published July 31, 2017. Accessed November 30, 2021.

4. Hooton, TM, Gupta K. UpToDate. *Acute simple cystitis in women.* Available at: https://www.citationmachine.net/bibliographies/6de15704-ea21-43de-b2cb-2aef76b5e47b. Updated March 15, 2021. Accessed on November 30, 2021.

5. Epp A, Larochelle A. *Recurrent Urinary Tract Infection.* Journal of Obstetrics and Gynaecology Canada. Available at: https://www.jogc.com/article/S1701-2163(17)30826-5/fulltext#relatedArticle. Updated October 2017. Accessed on November 30, 2021.