

## How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

For infection prevention & control purposes and to keep you safe and well visitors are requested **not** to:

- Visit you if they are unwell
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

## How can I find out more?

Contact the Infection Prevention & Control Department on:

Stoke Mandeville Hospital Tel: 01296 315337

Public Health England Tel: 0344 225 3861 (option 4, option 1)

NHS Choices Website: <http://www.nhs.uk/pages/home.aspx>

[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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# Carbapenemase-producing Enterobacteriaceae (CPE)

## Patient Information Leaflet

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format of this leaflet please call  
Infection Prevention & Control 01296 315337

## Carbapenemase-producing Enterobacteriaceae – also known as CPE

### What does ‘Carbapenemase-producing Enterobacteriaceae’ mean?

Enterobacteriaceae are bacteria that usually live harmlessly in the gut of humans. This is called ‘colonisation’ (a person is said to be a ‘carrier’). However, if the bacteria gets into another site like the bladder or blood stream they can cause infection. Carbapenems are a group of antibiotics used to treat some ‘difficult’ infections. Carbapenemases are enzymes (chemicals), made by some strains of these bacteria, which allow them to destroy carbapenem antibiotics and so the bacteria are resistant to the antibiotics.

### Why does carbapenem resistance matter?

Carbapenem antibiotics can only be given in hospital directly into the bloodstream. Until now, doctors have relied on them to successfully treat certain ‘difficult’ infections when other antibiotics have failed to do so. In a hospital, where there are many vulnerable patients, spread of resistant bacteria can cause problems.

### Do carriers of CPE need to be treated?

If a person is a carrier of CPE they do **not** need to be treated. However, if the bacteria have caused an infection then antibiotics will be required.

### How did I ‘pick up’ CPE?

Sometimes this bacteria can be found living harmlessly, in the gut of humans and so it can be difficult to say when or where you picked it up. However, there is an increased risk of picking up these bacteria if;

- you have been a patient in a hospital abroad or in the UK
- you have been in contact with a carrier elsewhere.

### How will I be cared for whilst in hospital?

You will be accommodated in a single room. Depending on your length of stay, you may be asked to provide a number of samples, to check if you are still carrying the bacteria. The samples might include a number of swabs from certain areas, such as where the tube for your drip (if you have one) enters the skin, a rectal swab i.e. a sample taken by inserting a swab just inside your rectum (bottom), and / or a faecal sample. You will normally be informed of the results within two to three days.

### How can the spread of CPE be prevented?

Accommodating you in a single room helps to prevent the spread of bacteria. Healthcare workers will wear gloves and long sleeve gowns or aprons when caring for you. The most important measure for you to take is to wash your hands well with soap and water, especially after going to the toilet. You should avoid touching medical devices (if you have any) such as your urinary catheter tube and your intravenous drip, particularly at the point where it is inserted into the body or skin. Visitors will be asked to wash their hands on entering and leaving the room and may be asked to wear gloves and apron if they are giving direct care e.g. washing and dressing.

### What about when I go home?

Whilst there is a chance that you may still be a carrier when you go home quite often this will go away with time. No special measures or treatment are required; any infection will have been treated prior to your discharge. You should carry on as normal, maintaining good hand hygiene. If you have any concerns you may wish to contact your GP for advice.

Should you or a member of your household be admitted to hospital, you should let the hospital staff know that you are, or have been a CPE carrier.