

## Important Things to Remember!

1. Avoid unnecessary use of antibiotics.
2. C. diff organisms can live a long time outside of the body on items such as bathroom fixtures and bedding.
3. Gowns and gloves should be used by health-care providers and visitors when in contact with an infected resident and/or their room and when handling their laundry. Isolation can be removed once the resident has had formed stools for 24 hours.
4. Environmental cleaning is of vital importance. Cleaning with one part bleach to nine parts water is recommended.
5. **Hand washing should be done with soap and water.** Hand sanitizers have been found to be ineffective against C. diff spores.

6. **HAND WASHING IS THE FIRST LINE OF DEFENSE!**



For more information, visit the following websites:

### CDC Long Term Care Infection Control

[www.cdc.gov/ncidod/dhqppl\\_longterm\\_care.html](http://www.cdc.gov/ncidod/dhqppl_longterm_care.html)

### APIC Elimination Guides

[www.apic.org/Content/NavigationMenu/PracticeGuidance/APICEliminationGuides/APIC\\_Elimination\\_Gui.htm](http://www.apic.org/Content/NavigationMenu/PracticeGuidance/APICEliminationGuides/APIC_Elimination_Gui.htm)

### Implementing Long-Term Care Infection Control Guidelines Into Practice: A Case-Based Approach

[www.annalsoflongtermcare.com/content/implementing-long-term-care-infection-control-guidelines-into-practice-a-case-based-approach](http://www.annalsoflongtermcare.com/content/implementing-long-term-care-infection-control-guidelines-into-practice-a-case-based-approach)

### APIC/SHEA Guideline-Infection Control in Long Term Care

[www.apic.org/Content/NavigationMenu/PracticeGuidance/APIC-SHEA\\_Guideline.pdf](http://www.apic.org/Content/NavigationMenu/PracticeGuidance/APIC-SHEA_Guideline.pdf)

[www.cdc.gov/hicpac/pg/isolation/isolation.2007.pdf](http://www.cdc.gov/hicpac/pg/isolation/isolation.2007.pdf)

### American Journal of Infection Control (AJIC)

[www.ajicjournal.org/](http://www.ajicjournal.org/)

### Healthcare Infection Control Practices Advisory Committee (HICPAC)

[www.cdc.gov/hicpac](http://www.cdc.gov/hicpac)

### Association for Professionals in Infection Control and Epidemiology (APIC)

[www.apic.org](http://www.apic.org)



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

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## Prevention tips and care of the resident with

# Clostridium Difficile



## Clostridium Difficile

### Associated Diseases (CDAD)

Clostridium difficile (also known as C. diff) is a bacteria that can cause diarrhea. Most cases of C. diff infection occur in patients taking antibiotics.

The most common symptoms are watery diarrhea, fever, loss of appetite, nausea and stomach pain and/or tenderness.

C. diff spores can live outside the human body for a very long time. They may be found on things in the environment, such as bedding, bed rails, bathroom fixtures and medical equipment.

The infection can spread from contaminated equipment and on the hands of doctors, nurses, other health-care providers and visitors.

**Residents with C. diff should have their own dedicated equipment, including blood pressure cuffs, stethoscopes, etc.**



## Precautions-

### Stop the Spread!

The best defense against the spread of C. diff is good hand washing practices. Hand washing should occur with soap and water:

- **Immediately after using the bathroom.**
- **Before and after all resident contact.**
- **Before and after contact with items in the resident's room.**
- **Immediately after removal of gloves.**

Visitors and health-care providers should wear disposable gloves and a gown to cover clothing.

Ambulatory residents who are not alert and orientated should be in a private room. If a resident is afebrile, alert and loose stools can be contained, they can participate in group activities and attend meals in the dining room.

**C. diff infected residents must only use the bathroom dedicated to them in their room.** Residents must wash their hands with soap and water prior to leaving their room to attend activities and before all meals.

### Environmental Cleaning:

Environmental cleaning is of vital importance to keep health-care providers and visitors healthy. **This not only includes the resident's room, but also his or her medical equipment, such as walkers, wheelchairs, etc.** Cleaning helps reduce the chance of residents becoming reinfected.

Laundry should be handled using contact isolation protocols.

### Antibiotic Use:

Patients with C. diff should avoid excessive antibiotic use, **but will need to take a prescribed antibiotic to treat C. diff.**

Make sure to educate residents and families about the importance of taking all medication as directed.

**Antibiotics should be taken until completed.**

