What you need to know about Clostridium Difficile

Overview
Clostridium Difficile is an anaerobic spore forming bacteria that causes severe inflammation of the colon (colitis).

Infection is spread when individuals touch unclean surfaces, objects, or materials contaminated with an infected person’s feces and then touch their mouths or mucous membranes.

Infection is most often a result of long-term broad spectrum antibiotic use.

C. Diff spores are highly resistant to cleaning agents and will live between 70-90 days on surfaces outside the body.

Centers for Disease Control and Prevention
European Centers for Disease Prevention
Vindigni, SM; et al. Journal of Clinical and Translational Gastroenterology; 2015
Lessa, FC; et al. New England Journal of Medicine; 2015
Barbut, F; et al. Clinical Microbiology and Infection; 2014
Collins, DA; et al. Antimicrobial Resistance and Infection Control; 2013
He, M; et al. Nature Genetics; 2012
Gough, E; et al. Clinical Infectious Diseases; 2011
Valiente, E; et al. Journal of Medical Microbiology; 2011
Clements, AC; et al. The Lancet of Infectious Diseases; 2010

References

Cdiff Hot Spots

- Communities
- Hospitals
- Healthcare related facilities (nursing homes, long-term care facilities etc.)

Signs/Symptoms

Talk to your doctor if you have:
- Watery diarrhea three or more times a day for two or more days
- Mild abdominal cramping and tenderness

Or more severe symptoms such as:
- Rapid heart rate
- Fever
- Blood or pus in the stool
- Nausea
- Dehydration

Prevention

- Wash hands thoroughly!
- Avoid patients and patient rooms with clostridium difficile or severe diarrhea
- Rapidly identify and isolate infected patients to prevent onward
- Improve antibiotic prescription distribution
- Implement correct cleaning methods for killing spores such as bleach or UV light

Global Impact

The incidence and severity of disease have increased in North America and Europe due to the emergence of a hypervirulent strain of C. Diff called NAP1/B1/027.

Use of broad spectrum antibiotics

Long stay in a healthcare facility or Hospital

Advanced age

Female gender

Exposure to infected patient faces

Risk Factors

Important Facts

C. difficile has become the most common cause of healthcare-associated infections in U.S. hospitals and the 8th most frequently detected microorganism among HAIs.

This number of deaths from healthcare-associated C. difficile infections increased to 3,708 per year in the European Union.

C.difficile infection occurs at similar rates in Asia and is a significant cause of hospital-associated disease.

Cdiff Hot Spots

- Arriving in the UK
- Transmission within the UK
- Maidstone
- Cambridge
- London
- Stoke Mandeville
- Exeter
- Ayrshire
- Belfast
- Liverpool
- Birmingham
- Glasgow
- Dundee
- Edinburgh
- Dumbarton

Important Facts

- Female gender
- Advanced age
- Exposure to infected patient faces

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