

# What you need to know about *Clostridium Difficile*

## Overview

*Cdiff* is an anaerobic spore forming bacteria that causes severe inflammation of the colon (colitis)



Infection is spread when individuals touch unclean surfaces, devices or materials contaminated with an infected persons' feces and then touch their mouths or mucous membranes



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

Spread often occurs in healthcare settings



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



## *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

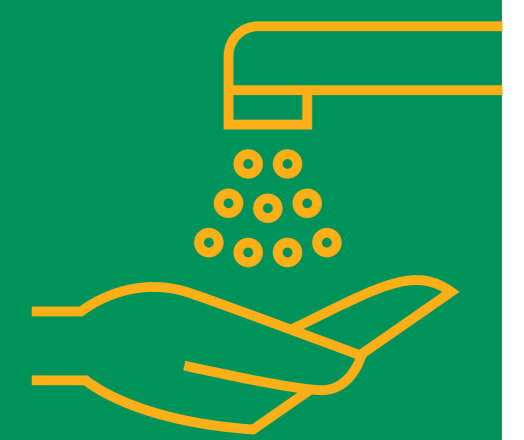


Or more severe symptoms such as:

- Rapid heart rate
- Fever
- Blood or pus in the stool
- Nausea
- Dehydration

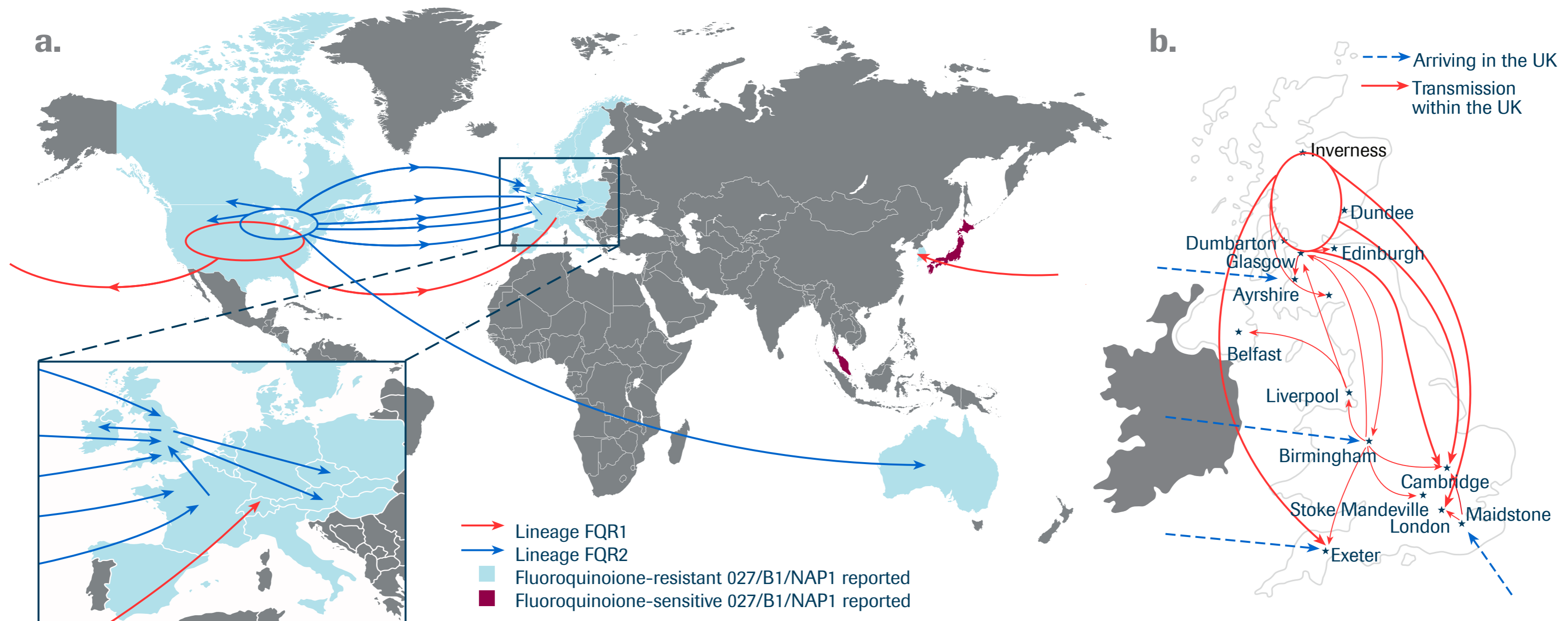
## Prevention

- ✓ Wash hands thoroughly!
- ✓ Avoid patients and patient rooms with clostridium difficile or severe diarrhea
- ✓ Rapidly identify and isolate infected patients to prevent spread
- ✓ 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/BI/027



## Risk Factors

Use of broad spectrum antibiotics



Long stay in a healthcare facility or Hospital



Advanced age



Female gender



Exposure to infected patient feces



## 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

The number of deaths from healthcare-associated CDI can be estimated at 3 700 per year in the European Union



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

## References

Centers for Disease Control and Prevention  
 European Centers for Disease Control and 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

