

CAN WE MAKE YOUR VISIT EASIER?

... putting people at the heart of everything we do ...

We want to make your visit to Ashford and St. Peter's Hospitals easier. Some things we can provide quickly, others may take time to arrange. Whatever your need – please ask for help.

We can provide interpreters for a variety of languages, information in larger print or Braille, plus audio and other formats.

If you require a translation please call: 01932 723553

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723 553 تماس بگیرید۔ Farsi

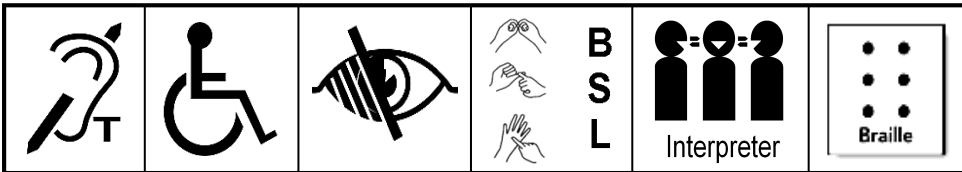
ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553 Punjabi

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723 553 پر رابطہ کریں Urdu

Se precisa de uma tradução por favor contacte: 01932 723553 Portuguese

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553 Hindi

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553 Bengali



Ashford and St. Peter's Hospitals **NHS**
NHS Trust

CLOSTRIDIUM DIFFICILE

Infection Control

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PATIENT INFORMATION

Details regarding our hospitals, including information regarding the Department caring for you can be found by logging on to our website www.ashfordstpeters.nhs.uk or the National NHS website www.nhs.uk which includes an A to Z guide to health.

Our staff endeavour to provide an excellent service but we do recognise that there are times when you may have concerns. In the first instance please raise these with the Senior Nurse or Manager in charge when you are at the hospital. If they are unable to resolve your query satisfactorily please contact our Patient Advice and Liaison Service (PALS) on **01932 723 553** or e-mail www.pals@asph.nhs.uk.

Having done this, if you remain concerned our Complaints Manager can be contacted on **01932 722 612** or e-mail www.complaints@asph.nhs.uk

WHAT IS CLOSTRIDIUM DIFFICILE?

Clostridium difficile is a type of germ (bacterium) which is carried in the gut of some people. Sometimes it causes diarrhoea, particularly in elderly people who are taking antibiotics for treatment of some other infection e.g. chest or urinary tract.

Clostridium difficile infection is the most important cause of hospital-acquired diarrhoea. It is a bacterium that is present in the gut of up to 3% of healthy adults and 66% of infants.

However, Clostridium difficile rarely causes problems with children or healthy adults as it is kept in check by the normal (good) bacteria in the intestine. When certain antibiotics disturb the balance of bacteria in the gut Clostridium difficile can multiply rapidly and produce toxins which cause illness.

SYMPTOMS?

Clostridium difficile infection ranges from mild to severe diarrhoea. At its worst the patient can be very ill with dehydration, confusion, abdominal swelling and severe damage to the bowel walls. Some elderly patients, usually those already very frail, die from the infection.

HOW IS IT TREATED?

Fortunately most patients only develop mild diarrhoea that stops once the antibiotics have been stopped. Adequate fluid intake produces prompt improvement.

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However, sometimes a specific medicine is required and this can be taken by mouth. In some patients the diarrhoea may return, in which case a further course of medicine is needed.

There is no indication for Yakult, Actimel or any other probiotic, either in the prevention or treatment of Clostridium difficile.

WHAT WILL HAPPEN TO ME IN HOSPITAL?

Clostridium difficile diarrhoea can spread to other vulnerable patients. Therefore, whilst you have diarrhoea, you may be nursed away from other patients, usually in a single bedded room. As soon as your stools return to their normal pattern you will no longer need to be nursed separately.

HOW DOES CLOSTRIDIUM DIFFICILE SPREAD?

This germ usually spreads by hands that have been in contact with diarrhoea or with environmental surfaces (e.g. bed pans, toilets), so you must be very careful about washing your hands after going to the toilet. It is also important to keep fingernails short and clean.

Staff looking after you will wear aprons and gloves and will wash their hands frequently using liquid soap and water. Your bed area and surrounding surfaces must be kept tidy to allow all surfaces to be cleaned daily.

ARE MY VISITORS AT RISK OF INFECTION?

No. Clostridium difficile does not usually cause diarrhoea in healthy people. The only significant risk is to other hospital patients especially elderly patients having antibiotics. Your visitors will be asked to wash their hands using soap and water before and after visiting you. If they are assisting in your care, they will need to wear gloves and aprons; when removing these, hands must also be washed with liquid soap and water. Alcohol handrub is less effective against this particular bacterium than soap and water.

WILL CLOSTRIDIUM DIFFICILE DELAY MY GOING HOME?

Provided you are well enough and the diarrhoea has stopped you can go home. If the diarrhoea restarts, tell your doctor straight away.

FURTHER INFORMATION

If you require further information please do not hesitate to contact the doctor in charge of your case, your named nurse or a member of the Infection Control Team.

The Infection Control Team can be contacted on **01932 722128 / 723052**.

Additional information can be obtained by logging on to www.hpa.org.uk.