

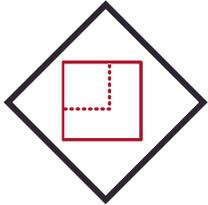
Preventing *Clostridioides difficile* Infection (CDI)

***Clostridioides difficile* Infection (CDI)**, formerly known as *Clostridium difficile*, which may cause watery stools, abdominal pain and fever, is the most common hospital acquired infection at Nebraska Medicine.

Many persons are asymptotically colonized leading to a number of preventable cases of *C. diff* occurring in the health care setting. About 1 in 5 patients who get *C. diff* will get it again.

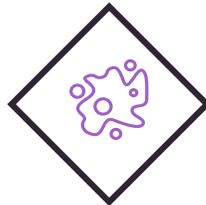
Proper isolation practices, appropriate testing, cleaning, and the avoidance of high risk medications is key in combatting CDI.

CDI Prevention



Box Strategy

- The Box Strategy is a solution aimed at preventing the spread of germs through better adherence to isolation practices.
- All rooms with isolation precautions will have a brightly colored square outline placed on the floor just inside the threshold of the door (except Airborne- bright pink sign).
- The square is a space where you can enter the room without having to wear gowns and gloves. The square is ideal for quick communication or visual assessment.
- If you need to enter the room beyond the square, please don all appropriate PPE.



Test

- Test appropriately. Symptoms of CDI include fever, frequent loose, watery stools, and abdominal pain. Hospital-acquired diarrhea is a common complaint, and most persons who develop diarrhea in the hospital do not need testing for CDI.
- Reserve testing for those who fit clinical criteria and don't have other likely causes of diarrhea. For example, patients who have been given laxatives or are receiving enteral "tube" feeds often have diarrhea.



Clean

- All mobile devices and equipment used in patient rooms, including all shared equipment, **MUST** be cleaned with bleach (orange top PDI wipes) **PRIOR** to removing from the room. When using bleach wipes, it is important to keep surfaces **WET** for a minimum of 4 minutes to properly kill *C. diff* spores.
- When possible, dedicate equipment (stethoscope, BP cuff, etc.) to the patient to eliminate the risk of transmission via mobile equipment.



Medication Awareness

- Medications such as antibiotics and acid blocking medications like proton pump inhibitors contribute strongly to CDI development.
- Only use these agents when clearly indicated and stop them as soon as medically appropriate.
- Be vigilant in the prescribing of broad-spectrum antibiotics, Cephalosporins, Clindamycin, and Fluoroquinolones as these put patients at the highest risk for developing *C. diff*.



Use of gloves and practicing proper hand hygiene when entering and exiting an isolation room is crucial.



Patients with *C. diff* are placed in enteric isolation (purple sign). Hand Hygiene for enteric isolation requires the use of soap and water. Alcohol based hand gels are not effective at removing *C. diff* spores.



Further information regarding appropriate testing and high-risk antibiotics are located on the Nebraska Medicine Stewardship website.