

## **Clostridium Difficile Infection (CDI)**

### **Getting Ready to Learn about CDI**

Learning something new can be hard when you are not feeling well. Here are some good things to tell the staff:

- Who do you want to learn with you? We would like to have someone who will be helping you at home learn with you.
- What is the best way for you to learn? Do you learn best by reading a book or pamphlet or learning by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “small” bits over several days.

### **By the time, I leave the hospital I will be able to tell the staff:**

- What a CDI is.
- Who is most likely to get a CDI.
- What hospitals do to stop the spread of CDI.
- What I can do to stop the spread of CDI.
- What I need to do once I am discharged from the hospital.
- What to do if my symptoms return.

### **The staff will use three questions and answers to teach me about CDI:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about my disease and how to take care of myself.

**What is my main problem?**

- Clostridium difficile infection is a germ that causes diarrhea, fever, and abdominal pain. It is also called C. difficile, C-diff or CDI. The most common symptoms of CDI are:
  - Watery diarrhea
  - Fever
  - Loss of appetite
  - Nausea
  - Belly pain and tenderness

**What do I need to do?**

I will be able to tell the staff who is most likely to get CDI.

- Some people are at a higher risk of having a CDI. This includes people who:
  - Take antibiotics.
  - Have chemotherapy.
  - Have abdominal surgery.
  - Have stomach or intestine problems.
  - Are already sick and in the hospital.
- CDI germs can live in my stomach and intestines. They can live outside of my body for a long time.
- The hands of doctors, nurses, and others may spread germs from an infected person to others.
- If I touch my face and mouth with unwashed hands the germs can get into my mouth and travel to my stomach.
- We may never know how I got a CDI.

I will be able to tell the staff what the hospital is doing to stop the spread of infection.

- Hand washing with soap and water is the best option for stopping the spread of CDI.
- Doctors, nurses and other healthcare workers can use alcohol – based hand rubs when entering my room but must clean their hands with soap and water after touching me or anything in my room.
- Doctors, nurses, and other healthcare workers will use contact precautions to stop the spread of infection.
- Visitors may be asked to wear a gown and gloves.
- When everyone leaves my room they will take off their gown and gloves. They will clean their hands with soap and water.

I will be able to tell the staff what I will do to stop the spread of CDI.

### Hand Washing

- If I do not see my healthcare providers following contact precautions and cleaning their hands with soap and water, I will ask them to do so. I know clean hands save lives.
- I will clean my hands with soap and water.
- I will clean my hands before I eat and after I use the bathroom.
- I will clean my hands with soap and water before I leave my room.
- I will not go to common areas like the gift shop, cafeteria or playroom.

I will be able to tell the staff what I will need to do at home.

- If I no longer have diarrhea after I leave the hospital, I do not need to do anything special. I will clean my hands with soap and water often.
- I will clean my hands with soap and water after using the bathroom and before preparing food.
- I will encourage my family to clean their hands.
- I will take my antibiotic until it is gone.
- I will clean my bathroom surfaces with a bleach solution each time I have the diarrhea while I am sick with CDI. The solution is household bleach (1 cup) with 9 cups of water. I will wear gloves when cleaning my bathroom and will wash my hands with soap and water after removing my gloves when I am finished cleaning my bathroom.

I will be able to tell the staff what I will do if my symptoms return.

- I will call my doctor **right away**.
- If I need to go back to the hospital, I will tell the doctors and nurses that I have had a CDI in the past.

### Why is this important to me?

I have a CDI. That means I have an infection that can be spread to others. I can stop the spread of CDI by following the steps listed above.

As part of my care I have received this education plan. I may also receive the following:

- The Infection Prevention Education Plan
- “Please Wash Your Hands” Bronson Patient Education Sheet
- Contact, Droplet, Airborne Precautions Education Sheet

## **Clostridium Difficile Infection (CDI) Education Plan**

### **Resources for Staff**

- [Special Precautions Quick Reference for Hospitals](#)
- [Clostridium Difficile: Associated Disease](#)- Nursing Reference Center Plus
- Infection Control Nurse: Phone number 341-6317

### **Teaching Tools**

- Infection Prevention Education Plan
- [Clostridium Difficile: Associated Disease](#)- Nursing Reference Center Plus
- [Please Wash Your Hands](#) Patient Education Sheet
- Contact/Droplet/Airborne Precaution Education Sheet (automatically prints when patient is placed under precautions)
- [Frequently Asked Questions - C Difficile](#)

### **References:**

- APIC Infection Prevention Manual for Hospitals, 2010 Edition, ICP Associates, INC - Gail Bennett RN, MSN, CIC
- [Clostridium Difficile: Associated Disease](#)- Nursing Reference Center Plus

Approved by:

- Patient Education Council:

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