

Extended-Spectrum Beta-Lactamases (ESBLs) Education Plan

Getting Ready to Learn About ESBLs

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review the following information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or 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 “bite size” pieces over several days. If there is something you don’t understand **it’s okay to ask** us to explain.

What I Need to Learn About ESBLs

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

1. How ESBLs are spread.
2. Who is at risk for getting an ESBL.
3. How the hospital stops the spread of ESBLs.
4. What I can do to stop the spread of ESBL.
5. What I need to do at home.

The staff will use three questions and answers to teach me about ESBLs:

- What is my main problem?
- What do I need to do?
- 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 ESBL infection.

What is my main problem?

I have been diagnosed with an infection caused by a germ that makes an enzyme called “Extended-Spectrum Beta Lactamases” or ESBL. This germ can live in my urine and stool. It does not usually cause any problems. I can carry this germ for weeks and months without knowing it. When this germ makes ESBL it is resistant to many antibiotics. Many antibiotics cannot kill the germ. This germ can be treated with other, newer antibiotics. Your doctor will decide which treatments are best for you.

What do I need to do?

I will be able to tell the staff how ESBLs are spread.

- People with this infection can spread it to other people.
- It can be spread by touching things in a room.
- Staff can spread ESBLs if they touch me or my things without washing their hands.
- This germ can enter my body through my mouth, nose, eyes, urinary tract, or a wound.

I will be able to tell the staff who is at risk for an ESBL infection.

- Anyone can get an ESBL infection but some people are at a higher risk. These people include:
 - Patients in the hospital with open wounds, catheters, or drainage tubes.
 - Patients who are very ill.
 - Patients who stay in the hospital for a long period of time.
 - Patients who are on antibiotics.

I will be able to tell the staff how the hospital stops the spread of ESBLs.

- Anyone who cares for me will wash their hands before and after caring for me.
- I will be placed in “contact precautions” (see contact precautions)
- The chance of visitors getting ESBL while visiting me is very small. To be safe, visitors will be asked to:
 - Wash their hands or use hand sanitizer when they enter and leave my room.
 - Limit what they touch in my room. This includes the call light, the bedside table, and bedside stand.
 - Not sit or lay on the bed.
 - Follow “contact precautions” while in my room.

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

- If I do not see my caregivers following contact precautions and washing their hands, I will ask them to do so.
- I will wash my hands using soap and water or hand sanitizer.
- I will wash my hands before I eat and after I use the bathroom.
- I will wash my hands before I leave my room.
- I will remind visitors to wash their hands and follow contact precautions.

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

- To treat my infection and not spread it to others I will:
 - Take all of my antibiotics as directed by my doctor.
 - Wash my hands often
 - Encourage others to wash their hands often.
 - Wash my hands before and after changing my bandages.
 - Keep my wound clean and change bandages as directed.
 - Not share personal items like towels or razors.

- Wash my clothes, towels and bed linens in the warmest temperature listed on the labels.
- Tell anyone caring for me that I have an ESBL or have had one in the past.

Why is this important to me?

I have an ESBL infection that I want to get rid of. This infection can spread to others. I can help protect others by following the steps in this education plan.

As part of my care I may also receive the following:

- Contact Precautions education sheet.
- My own personal bottle of hand sanitizer.

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Resources for Staff

- http://www.cdc.gov/HAI/settings/lab/lab_esbl.html
- Infection Prevention Department: 341-6317
- [Extended-Spectrum Beta-Lactamases Infection](#)- Nursing Reference Center Plus
- [Discharge Instructions for Extended-Spectrum Beta-Lactamase Infection](#)- Nursing Reference Center Plus

Teaching Tools

- Extended-Spectrum Beta-Lactamases (ESBLs) Education Plan
- [Extended-Spectrum Beta-Lactamase Infection](#)- Nursing Reference Center Plus
- [Discharge Instructions for Extended-Spectrum Beta-Lactamase Infection](#)- Nursing Reference Center Plus

References

- APIC Infection Prevention Manual for Hospitals, 2010 Edition, ICP Associates, INC-Gail Bennett RN, MSN, CIC
- [Extended-Spectrum Beta-Lactamase Infection](#)- Nursing Reference Center Plus
- [Discharge Instructions for Extended-Spectrum Beta-Lactamase Infection](#)- Nursing Reference Center Plus

Always close each teaching session with the question, “What questions do you have for me?”

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