



# IPC NEWS

March 2018

Edition 4 Gram-negative bacteria

## Be positive against gram-negative

### National Gram-negative ambition

There is a national ambition to reduce healthcare associated Gram-negative bloodstream infections (GNBSIs) by 50% by 2021. Gram-negative bloodstream infections are believed to have contributed to approximately 5,500 NHS patient deaths in 2015 so working together to reduce these infections is a priority for all.

### What are Gram-negative bacteria?

Gram-negative bacteria cause infections including pneumonia, bloodstream infections (bacteraemia), wound or surgical site infections, and meningitis in healthcare settings.

Gram-negative bacteria can be increasingly resistant to most available antibiotics.

Escherichia coli (E.coli) is a common Gram-negative bacteria and accounts for around 55% of GNBSIs.

### What is E. coli?

E. coli is a bacteria in human and animal intestines, and is part of the normal gut flora. There are a number of different types of E. coli, the majority are harmless but some can cause serious infection. The most common source of infection is the urinary system which accounts for 45% of GNBSIs.

## Did you know?



# 5,738 deaths...

occurred within 30 days of an E.coli BSI in NHS patients in 2016 to 2017.

## What can you do?

The majority of cases relate to urinary tract infections (UTIs) – ensure patients/residents keep well hydrated.

**Dehydration** occurs when people have not got enough fluid in their body.

Keeping hydrated can prevent or aid the treatment of constipation, low blood pressure, **UTIs**, pressure ulcers and falls.

Most people need to drink **8 drinks** daily, all fluids count, except for alcohol!!! Foods can also contribute to your daily fluid intake, for example soups, stews, fruit and vegetables.

Encourage people to drink regularly throughout the day - the elderly are more at risk of dehydration.

**NB Some patients/residents may have their fluid restricted on advice of a healthcare professional.**

**Remember... healthy pee is 1-3, if 4-8 you must hydrate!**



- If a patient/resident has a urinary catheter, do they need it - **take action if they don't!**
- **Ensure aseptic non-touch technique (ANTT)** is used for wounds and urinary catheter care

### Antimicrobial Resistance (AMR)

Fight AMR by raising awareness of it and become an antibiotic guardian!

- bacteria are developing ways of not being killed by antibiotics
- resistant bacteria can be carried by both health and ill people
- controlling antibiotic resistance is everyone's responsibility

[antibioticguardian.com](http://antibioticguardian.com)

Never forget **hand hygiene** is the most important thing we can all do to prevent the spread of infection.

### Never underestimate the power of cleaning!

Bugs can survive on surfaces and objects that we touch regularly. Clean equipment before and after contact with a patient.

### What would you like to see in our next newsletter?

Let us know by email to [IPC.wirralct@nhs.net](mailto:IPC.wirralct@nhs.net) or call 0151 604 7750.

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