

Wirral Community Health and Care NHS Foundation Trust

Consider CDI in residents with unexplained diarrhoea especially if recent antibiotic exposure, and/or history of CDI

Clostridiodes difficile Infection (CDI) is a type of bacteria that can cause diarrhoea. It often affects people who have been taking antibiotics. CDI can cause serious illness.

Common symptoms of CDI:

- Diarrhoea
- High temperature
- Loss of appetite
- Stomach cramps
- Nausea

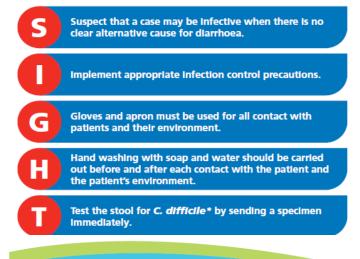
Commence a Bristol Stool Chart for any resident with altered bowel habit.

Consider any medication they maybe on such as laxatives or antibiotics and discuss this with a GP as required.

Risk factors for CDI:

- Age 65 years or over
- Recent treatment with broad spectrum antibiotics
- Recent contact with healthcare settings
- On proton pump inhibitors (PPI) e.g lansoprazole
- Enteral nutrition
- Inflammatory bowel disease
- Previous gastrointestinal surgery/malignancy/ ileostomy/colostomy
- Other gastrointestinal infection e.g. Norovirus
- Serious underlying disease
- Other immunosuppressive illness or therapies e.g. steroids, chemotherapy
- History of previous CDI

Use the **SIGHT** acronym when infected diarrhoea is suspected.



Did You Know:

- If the resident is less than 65 years of age and CDI is suspected, you must request the CDI test on the form, otherwise it will not routinely be tested for CDI
- Loperamide (Immodium) should not be prescribed until infection has been ruled out. Discuss with clinician (G.P).
- Alcohol gel is not effective against CDI therefore it is advised to use liquid soap and water to perform hand hygiene when caring for a resident with unexplained diarrhoea
- Characteristic Smell Not every resident with CDI infection will have faeces with the 'characteristic smell'.
- Cleaning with a detergent and disinfection of the environment is vital and should be increased in frequency when CDI is present or suspected. Ensure you have suitable chlorine-based product for disinfection (diluted 1000 parts per million of available chlorine).

Top Tips for sample collection:

- The laboratory will only test for CDI if the specimen is liquid, types 5-7 on the Bristol Stool Chart (takes the shape of the pot)
- If specimen is generated outside of normal working hours, you can deliver the specimen to Arrowe Park Hospital Laboratory or Bassendale Laboratory (CH62 3QL Unit 11)
- Samples must be **clearly labelled** with Name, DOB, Location, NHS Number, Specimen
- Sending a stool sample to check for clearance is not required
- If antibiotics are prescribed whilst awaiting a sample always check that the sample has been reviewed as this may result in the antibiotics being changed

If you are concerned that more than 1 resident has unexplained diarrhoea, please escalate this to:

- IPCT in hours 0151 604 7750
- UKHSA out of hours 0344 225 0562

C.diff Aide Memoire Care Home - Mar 244

wirralct.nhs.uk

f @nhsbuzz

ipc.wirralct@nhs.net