

# Tameside and Glossop Integrated Care NHS Foundation Trust



## Carbapenemase Resistant Enterobacteriaceae (CRE) (CRE Suspected case) Patient Information Leaflet



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

### Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

### 語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

### Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیگوئج، انٹرپرائٹیشن اینڈ پیڈنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بک آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

**Help us to help you** It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

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## **CARBAPENEMASE RESISTANT ENTEROBACTERIACEAE (CRE): I MAY BE A CARRIER (OR HAVE AN INFECTION) – WHAT DOES THIS MEAN?**

### **What does ‘Carbapenemase Resistant Enterobacteriaceae’ mean?**

Enterobacteriaceae are bacteria that usually live harmlessly in the gut of humans. This is called ‘colonisation’ (a person is said to be a ‘carrier’). However, if the bacteria get into another place in the body, such as the bladder or bloodstream they can cause infection. Carbapenems are one of the most powerful types of antibiotics. Carbapenemases are enzymes (chemicals), made by some strains of these bacteria, which allow them to destroy carbapenem antibiotics and so the bacteria are said to be resistant to the antibiotics.

### **Why does carbapenem resistance matter?**

Carbapenem antibiotics can only be given in hospital directly into the bloodstream. Until now, doctors have relied on them to successfully treat certain ‘difficult’ infections when other antibiotics have failed to do so. Therefore, in a hospital, where there are many vulnerable patients, spread of resistant bacteria can cause problems.

### **Does carriage of carbapenemase Resistant Enterobacteriaceae need to be treated?**

If a person is a carrier of Carbapenemase Resistant Enterobacteriaceae (CRE/CPE) they do not need to be treated. As mentioned, these bacteria can live harmlessly in the gut. However, if the bacteria have caused an infection then antibiotics will be required.

### **How will I know if I am at risk of being a carrier or having an infection?**

Your doctor or nurse may suspect that you are a carrier if you have been in a hospital abroad, or in a UK hospital that has had patients carrying these bacteria, or if you have been in contact with a carrier elsewhere. If any of these reasons apply to you, screening will be arranged for you and you will be accommodated in a single room with your own toilet facilities at least until the results are known.

### **How will I be screened for Carbapenemase Resistant Enterobacteriaceae?**

Screening usually entails taking a series of rectal swab(s) by inserting a swab just inside your rectum (bottom). Alternatively, you may be asked to provide a sample of faeces. The swab / sample will be sent to the laboratory. If the result is negative and you require admission to hospital staff will check that a further two samples are negative before you admission. These measures will not hinder your care in any way. If all results are negative no further actions are required. If your result is positive, further samples are unlikely to be required.

## **Advice for patients who have a positive result**

### **What happens if the result is positive?**

If the result is positive, do ask your doctor or nurse to explain this to you in more detail. You will require a single room whilst in hospital. If you have an infection, you may require treatment. However, if there are no signs of infection and you are simply ‘carrying’ the bacteria, no treatment is required.

### **How can the spread of Carbapenemase Resistant Enterobacteriaceae be prevented?**

Accommodating you in a single room, if the result is positive, helps to prevent spread of the bacteria. Healthcare workers should wash their hands regularly. They will use gloves and aprons when caring for you. The most important measure for you to take is to wash your hands well with soap and water, especially after going to the toilet. We would ask that you inform staff if the toilet area requires cleaning. You should avoid touching medical devices (if you have any) such as your urinary catheter tube and your intravenous drip, particularly at the point where it is inserted into the body or skin. Visitors will be asked to wash their hands on entering and leaving the room and may be asked to wear an apron.

### **What about when I go home?**

Whilst there is a chance that you may still be a carrier when you go home quite often this will go away with time. No special measures or treatment are required; any infection will have been treated prior to your discharge. You should carry on as normal, maintaining good hand hygiene. If you have any concerns you may wish to contact your GP/infection prevention team for advice.

A letter will be sent to your GP advising that you have been colonised with Carbapenemase Resistant Enterobacteriaceae. This will be useful for the future and it is also important that you make health care staff aware of it or show you inform card. Should you or a member of your household be admitted to hospital, you should let the hospital staff know that you are, or have been a carrier.

**Worried?** – Please feel free to ask us if you are worried about any aspect of your hospital stay and we will be happy to help.

If you have any questions you want to ask, you can use this space below to remind you.