

Carbapememase-Producing Entobacteriaceae (CPE)

Infection Prevention and Control

Patient Information Leaflet

What is 'CPE'?

Carbapenemase producing enterobacteriaceae (CPE) are bacteria which usually live harmlessly in the gut of humans. This is called 'colonisation' and a person is said to be a 'carrier'.

Most people who are colonised with CPE will have no symptoms.

Does CPE need to be treated?

If a person is a carrier of CPE, they do not need to be treated.

However, if CPE get into other parts of the body such as the bladder, a wound or bloodstream, they can cause an infection, the person could become unwell and antibiotic treatment will be required.

How do people get CPE?

CPE is not spread through the air, but through faeces. The bacteria can spread from one person to another by unwashed hands or from contact with soiled equipment and surfaces such as bedrails, tables, chairs, countertops and door handles.

There is an increased chance of picking up these bacteria if you have been a patient in a hospital abroad or in a UK hospital which has had patients carrying the bacteria.

You must let your doctor know if you have been in a hospital in another country, so that you can be cared for properly.

Why do CPE matter?

A person who is a carrier can put other patients at risk of developing an infection unless strict precautions are taken, or they could go on to develop an infection themselves.

Will I be tested?

If your healthcare professional suspects that you have signs of a CPE infection, are suspected to be colonised (a carrier) or have received

treatment at a hospital in a high risk area, you will be cared for in a side room on the ward and we will do tests to see if you have the CPE bacteria.

How is it tested?

The best way is to take a swab from your back passage or a faecal sample.

How is CPE treated?

CPE are treated using 'carbapenems' antibiotics. These antibiotics are given directly into the blood stream intravenously (via a vein) and are only administered in hospital.

Depending on your length of stay, you may be asked to provide weekly samples to see if you are still carrying the bacteria.

Preventing the spread of CPE infection

- To stop the spread of CPE, you will be cared for in a single room.
- Healthcare workers should wash their hands regularly. They will use gloves and aprons when caring for you.
- The most important thing is for you to regularly wash your hands well with soap and water, especially after going to the toilet.
- Avoid touching medical devices (if you have any) such as your urinary catheter tube or 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.

What about when I go home?

Any infection will have been treated before you leave hospital.

There is a chance that you may still be a carrier when you go home, but often this will go away with time. No special measures or treatment are required.

You should carry on as normal, but make sure you maintain good hand hygiene. If you have any concerns, please contact your GP for advice.

Before you leave hospital, ask the doctor or nurse to give you a letter or card saying that you have had a CPE infection or have been a carrier of CPE.

If you or a member of your household is admitted to hospital, you should tell the hospital staff that you are, or have been a carrier and show them this letter / card.

Where can I find more information?

Please speak to one of your care staff or ask to speak to the Infection Control and Prevention Team.

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Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

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If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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