

# Carbapenemase-Producing Enterobacterales (CPE)

Infection Prevention

## Introduction

This leaflet will provide you with information regarding what Carbapenemase-Producing Enterobacteriacease (CPE) is, how you will be tested and the precautions that will need to be taken.

## What does Carbapenemase-Producing Enterobacterales (CPE) mean?

It is a group of bacteria which are very resistant to antibiotics. The bacteria usually live harmlessly in the bowels of humans. If, however, the bacteria get into the wrong place, such as the bladder or bloodstream, they can cause infection.

Carbapenems are one of the most powerful antibiotics. Carbapenemases are enzymes (chemicals that break things down) made by some of these aforementioned bacteria which enable them to destroy carbapenem antibiotics. This then makes the bacteria become resistant to these antibiotics.

## Why does Carbapenem resistance matter?

Carbapenem antibiotics can only be given in hospital directly into the bloodstream. Until now these antibiotics have been relied upon to successfully treat certain difficult infections when other ones have failed to do so. Consequently, in a hospital where there are many vulnerable patients, spread of these resistant bacteria can lead to cause for concern.

## How will I know if I am at risk of having CPE?

The nursing or medical team will carry out a risk assessment upon your admission to determine if you have been in a hospital abroad, another hospital in the UK, or have visited a designated high risk country. If any of those options apply to you, a CPE screen will be offered to you and you will be accommodated in a single room with your own toilet facilities until the results are known.

## How will I be screened for CPE?

Screening will mean taking a rectal swab by inserting it gently just inside your rectum (bottom) and staining the swab with a small amount of faeces (poo). The sample will then be sent to the microbiology laboratory and the result will normally be given to you within 2-3 days. On occasion, if you were a contact of a positive CPE patient, another sample may be required a week after the first one was taken.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

## What does it mean if the result is positive?

If your result is positive, the nursing or medical team will be able to discuss your positive CPE result with you in detail. If you have an infection, you will require antibiotic therapy. However, if there are no signs of infection and you are simply carrying the bacteria, no treatment will be required. You will be accommodated in a single room with your own toilet facilities.

## What does it mean if I am classed as a CPE Contact?

Occasionally it is not known immediately if a patient is infected with CPE bacteria. Consequently, they may not be isolated in a single room straight away. A CPE screen will be offered if you have shared the same bay in a ward with a patient found to have a positive CPE screen. This screen is offered to you as there may be a slight chance that you may have picked up the CPE bacteria that they are carrying.

## How can CPE be stopped from spreading?

As mentioned before, if you have a CPE positive result, you will be accommodated in a single room, with your own toilet facilities. Health care practitioners will wear gloves and aprons each time they enter your room, and when having close contact with you they will wear long sleeve gowns. Hand hygiene for both staff and you is of vital importance. Practitioners will adhere to strict hand hygiene when providing your care.

It is important you wash your hands frequently, especially after going to the toilet and before and after you eat. You should avoid touching any medical devices such as a urinary catheter tube or intravenous drip; particularly at the point where it goes into your body or skin.

Visitors will be asked to wash their hands on entering and leaving your room. They will be asked to wear a long sleeve gown and gloves if they are assisting with your personal care. Visitors should avoid sitting on your bed and use the chairs provided in the ward.

## What about when I go home?

There is a possibility that you may still be a carrier of CPE when you go home. More often than not, this will not go away with time and you will likely remain a carrier. No treatment or special measures are required. Any infection that you may have had will have been treated prior to your discharge. Please continue to maintain good hand hygiene upon discharge. If you have any concerns you may wish to contact your GP for advice.

If you had a positive result, then before you leave hospital the nursing team will provide you with a letter advising that you have an infection or have been colonised with CPE. You will also be provided with a card stating your positive CPE status. It is vital that you keep this card with you at all times. Upon any further healthcare interaction, you must show them your card so they will be aware of your positive CPE status so that appropriate care can be provided for you and the health care setting.

Should a member of your household be admitted to hospital, you should let the hospital staff know that you are, or have been, a carrier and show them your letter or card so that they can take appropriate action.

## Where can I find more information?

If you would like any further information please speak to a member of the nursing or medical staff, who may also contact the specialist infection prevention team for you.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。