

ARE YOU RECEIVING HOMECARE SERVICES?

The healthcare staff providing homecare services to patients who are CRE carriers must take special precautions to avoid transmitting the bacteria to other patients. The use of gloves and a gown can be necessary in some circumstances. These measures will be stopped when the results of laboratory tests show that the patient is no longer a carrier of the bacteria, which can take several months and sometimes more than a year.

WHEN IS HANDWASHING NECESSARY?

- ✓ After using the toilet
- ✓ Before and after caring for a carrier
- ✓ After coming into contact with blood or other bodily fluids (e.g. pus, stools, urine)
- ✓ Before preparing, touching, serving or eating foods
- ✓ Before taking medication
- ✓ After any contact with an environment contaminated by stools, urine or pus from a wound
- ✓ After blowing your nose, coughing or sneezing in your hands

WHAT TO DO IF YOU ARE REHOSPITALIZED OR DURING MEDICAL VISITS OR EXAMS?

If you need to be rehospitalized or if you have a medical visit, you must advise the staff and the doctors that you are a carrier of antibiotic-resistant bacteria. You may give them this pamphlet if you wish.

Source: Centers for Disease Control and prevention

Centre intégré
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Québec 

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MULTIPLE ANTIBIOTIC- RESISTANT BACTERIA



Carbapenem-resistant Enterobacteriaceae
Centers for Disease Control and Prevention
U.S. Centers for Disease Control and Prevention - Medical Illustrator

Information on
Carbapenem-resistant
Enterobacteriaceae
(CRE)

For patients and their
families

Québec 

WHAT ARE ENTEROBACTERIACEAE?

Enterobacteriaceae are bacteria that are usually found in the intestines and stools of people. They do not generally cause infections in healthy individuals. However, they can sometimes cause urinary tract infections, wound infections, pneumonias or blood infections. These infections are mainly acquired during a stay in a healthcare setting and can be treated with antibiotics.

WHAT ARE CREs?

CREs are Enterobacteriaceae that have developed resistance to several antibiotics, including carbapenems.

Carbapenems are last-resort antibiotics, often used to treat severe infections when other antibiotics are not effective.

Carbapenem resistance makes these antibiotics ineffective and treatment of infections more difficult. However, there are other antibiotics available that can be used if necessary.

HOW ARE CREs DETECTED?

A stool sample or a rectal specimen analyzed in a laboratory is used to detect the presence of this bacteria. The patient is considered to be a carrier (or colonized) if the bacteria is present with no signs of infection (e.g. urinary tract symptoms, wounds with red around the edges, pus discharge). The screening detects people who are carriers of the bacteria, allowing necessary precautions to be taken to reduce transmission.

HOW ARE CREs TRANSMITTED AND WHO IS AT RISK OF BECOMING INFECTED BY A CRE?

CREs are mainly transmitted by healthcare staff while they are administering care or by direct contact with a patient who is a carrier or their contaminated environment.

The main risk factor for catching CRE is a stay in a healthcare setting outside Canada or being hospitalized in a healthcare setting in Canada where there is a CRE outbreak.

People who are hospitalized are at a greater risk of catching the bacteria because their defense system is weakened, because they are taking antibiotics or owing to the intensity of care they are receiving.

WHAT MEASURES ARE TAKEN TO PREVENT TRANSMISSION AT THE HOSPITAL?

Hand hygiene remains the most important measure both for healthcare staff and for patients and visitors. Other measures are implemented, such as putting the CRE carrier in a private room, putting gloves and a gown on before entering the room and disinfecting the environment.

HOW CAN CRE TRANSMISSION BE PREVENTED AT HOME?

No special precautions need to be taken when the person returns home. They can resume their usual activities. However, it is recommended that they take a bath or a shower every day. The most effective and simplest way to avoid transmission is by regular handwashing, both for the carrier and for the other family members.

For healthy individuals, these bacteria do not pose a danger,

No special measures need to be taken with regard to the dishes and utensils. The clothes of a CRE carrier can usually be washed with an ordinary commercial detergent in warm or hot water.