

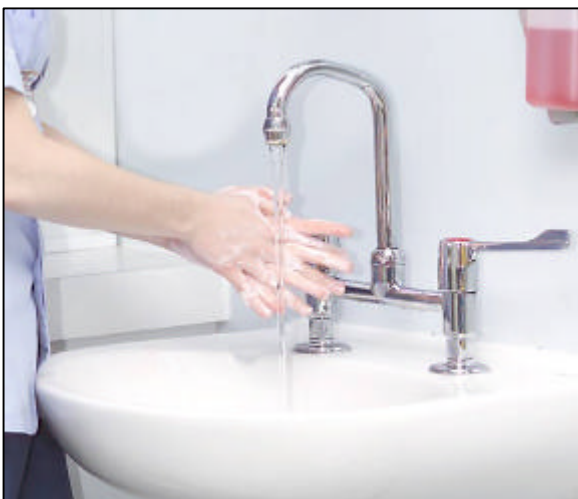
Instructions for Visitors

Please clean your hands before and after visiting.

What can I do to help?

It is very important to tell your nurse or doctor when you are admitted if you have a history of ESBL.

Remember good hand washing practice limits the spread of infection.



How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager or nurse looking after you if you would like to speak to a member of the Infection Prevention and Control Team and they will contact us.

The Infection Prevention and Control Nurses are available Monday to Friday 07.30am to 04.00pm. We are located in the Microbiology Department in the Laboratory on Level one.
Telephone no.: 01 - 4143938

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

January 2012

Reference : HPSC (Health Protection Surveillance Centre)

Infection, Prevention & Control Patient/ Visitor/ Staff Information Leaflet

ESBLs

(Extended-spectrum β -lactamases)



Infection Prevention & Control Team

**THE ADELAIDE & MEATH
HOSPITAL, DUBLIN
INCORPORATING
THE NATIONAL CHILDRENS
HOSPITAL**



What is ESBL?

Extended-spectrum β -lactamases (ESBLs) are bacterial enzymes that produce resistance to the most widely used antibiotics. ESBLs can be found in Gram negative bacteria such as *E. Coli*

How can ESBLs be spread ?

ESBLs can be spread very easily.

The following is a list of examples:

- Person to person
- Poor Hand Hygiene
- The Environment
- Patient care equipment

How can you tell that I have an ESBL?

A swab from your skin or other samples requested by your doctor such as urine, wound or stool specimens are sent to the Microbiology Laboratory for testing and the report will be sent back to your doctor

What treatment will I need?

Your doctor will decide what treatment you require depending on whether you are colonised or infected. ESBL bacteria can be found in normal healthy people and may not require any treatment. If you have an infection your doctor may advise antibiotic therapy.

Do I have to stay in hospital longer ?

Most patients who are colonised can be discharged from hospital. If you have an infection you may have to stay in hospital until you are finished your antibiotics and are feeling better.

Can my family and friends visit me while I'm in hospital?

All visitors should clean their hands before and after they visit you. Visitors do not need to wear aprons and gloves. If your visitor has a long term health condition they should speak to a member of the nursing staff before visiting you.

Please tell your visitor not to visit other Patients during and after their visit with you.

Are there any risks to my family at home?

It is very important to :

- Continue good hygiene including frequent hand hygiene when discharged home
- Contact with family and friends who are healthy poses no risk.
- Bed linen and personal clothing should be washed and changed as normal.

How can ESBLs be prevented spreading in the hospital?

The Infection, Prevention and Control Nurse will notify the ward manager or nurse in charge if an ESBL has been diagnosed by the Laboratory.

You may be moved to a single room with en suite facilities for infection control precautions. A blue sign will be placed on your door.

Healthcare workers looking after you will be wearing aprons and gloves on entering your room. The healthcare worker will remove these items and clean their hands before leaving the room.

