

# Carbapenemase-Producing Enterobacteriaceae (CPE)

## Information Sheet for Patients & Visitors



### CPE Explained:

Enterobacteriaceae are a family of bacteria, many of which live naturally in our gastrointestinal tract (bowels). Carbapenemase-producing Enterobacteriaceae (CPE) produce carbapenemase enzymes that can break down many types of antibiotics, making the bacteria very resistant. CPE can often be present with no signs of illness (this is called "colonization") and occasionally cause infections which can be difficult to treat.

### How CPE Is Spread:

The main site of colonization of CPE is the bowel. CPE can survive on equipment and surfaces, such as bedrails, tables, chairs, countertops, and door handles. CPE can be spread from one person to another by unwashed hands or from contact with soiled equipment and surfaces. Infection occurs when CPE enters the body at specific sites and causes symptoms of disease. For example, CPE can cause bloodstream and urinary tract infections. Since CPE are resistant to many types of antibiotics, treatment is difficult and may involve antibiotics which have significant side effects.

### Special Precautions for CPE:

Precautions are taken to stop CPE from spreading to other patients in the hospital including:

- Special accommodations may be required for infection control purposes.
- A long-sleeved gown and gloves may be worn by everyone who cares for you.
- A door sign may be placed to your room to remind others about the special precautions.
- The room and the equipment used in the room will be cleaned and disinfected regularly.
- Everyone must clean their hands before entering and leaving your room.
- You must clean your hands before you leave your room.
- You may only use the washroom in your room.
- There may be restrictions on using the sink in your room or showering.

### Family & Visitors Protocols While at St. Mary's:

Your family and visitors will be required to clean their hands with hand sanitizer and wear a long-sleeved gown and gloves while in your room. Before leaving your room, visitors must remove the gloves and gown and dispose of them in the garbage container and/or the laundry hamper located in your room and clean their hand with hand sanitizer. These precautions will help prevent further transmission.

### After You Leave St. Mary's:

- Everyone who might help you with your personal care should practice good hand hygiene.
- Everyone should wash hands before making any food and before eating.
- Everyone should wash hands well after using the toilet.
- Clothing may be laundered in the usual manner along with the rest of the household laundry.
- No special cleaning of furniture or items (e.g., dishes) in the home is required.
- If you share a bathroom at home, clean the toilet and sink at least weekly with a household cleanser.
- Always tell your physician, paramedics, nurses, or other care providers that you have ESBL. This helps prevent spread to others.

### Good Hand Hygiene Practices:

- After using the bathroom
- After blowing your nose
- Before eating and drinking
- Before you leave your room
- Before and after you touch your dressing or wounds
- When your hands are visibly dirty



#### Reference:

<https://www.publichealthontario.ca/-/media/documents/a/2013/aros-screening-testing-surveillance.pdf>

Ontario Agency for Health Protection and Promotion, Provincial Infectious Diseases Advisory Committee. Annex A – Screening, testing and surveillance for antibiotic-resistant organisms (AROs). Annexed to: Routine Practices and Additional Precautions in All Health Care Settings. Toronto, ON: Queen's Printer for Ontario; 2013