

HAND HYGIENE

Special care should be paid to hand hygiene, as it is the best way to prevent the spread of germs. Good hand hygiene includes these steps:

HAND WASHING

- Use warm running water and soap
- Spend at least 10 seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, thumbs and around rings
- Rinse thoroughly
- Pat dry with paper towel and turn off tap with paper towel

ALCOHOL-BASED HAND RUB

- Apply to palm of one hand
- Rub hands together, covering entire surface of hands and fingers
- Rub until hands feel dry

For more information:

www.phac-aspc.gc.ca

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**If any questions please contact
your Health Provider or Infection
Control staff at one of the
following numbers:**

**Long Term Care and
Regional Health Centres
(709) 535-0921**

**James Paton Memorial Regional
Health Centre
(709) 256-5603**

**Central Newfoundland Regional
Health Centre
(709) 292-2383**



Central Health



**EXTENDED -
SPECTRUM BETA
LACTAMASE (ESBL)
PRODUCING BACTERIA**

HEALTH PROFESSIONALS



WHAT ARE EXTENDED-SPECTRUM BETA LACTAMASE (ESBL) PRODUCING BACTERIA?

- ESBLs are enzymes produced by bacteria, such as *Klebsiella* and *E. coli*
- These enzymes make certain antibiotics ineffective
- The extended-spectrum(third generation) antibiotics affected can be Cefotaxime, Ceftazidime or Ceftriaxone (Rocephin)
- ESBL producing bacteria are often resistant to other drug classes

HOW ARE ESBLs SPREAD?

They can be passed directly from person to person on contaminated hands or indirectly on contaminated equipment used between patients.

ARE CERTAIN PEOPLE AT RISK OF GETTING ESBLs?

People most likely to get ESBLs are those who:

- Are seriously ill
- Are hospitalized for a long time
- Have taken many antibiotics

WHAT INFECTIONS ARE COMMONLY ASSOCIATED WITH ESBLs?

- Urinary tract infections
- Pneumonia
- Wound infections

CAN WE PREVENT TRANSMISSION OF ESBLs IN HOSPITALS?

Prevention measures:

- Promote 'Routine Practice'
- Implement Contact Precautions during the treatment of infection
- Always practice good hand hygiene
- Use antibiotics wisely
- Clean and disinfect equipment between patient use
- Use gloves when handling contaminated equipment. Remove gloves afterwards and perform hand hygiene
- Clean all surfaces daily with a hospital grade disinfectant
- Discontinuation of precautions in consultation with the Infection Control Service

ARE THERE TREATMENT OPTIONS?

Yes, infections can be treated but there are fewer antibiotic choices. Most people carrying ESBLs will clear them on their own over time.

WHAT TO DO AT HOME?

- Patients do not need to take special precautions at home, other than practicing good hand hygiene
- ESBLs tends to be less problematic outside of the hospital and long-term care settings
- Family members should be taught the importance of good hand hygiene

