

Subtitle

Q-tips CDI recording (1).vtt

| No. | TC In | TC Out | Subtitle |
|-----|-------------|-------------|---|
| 1. | 00:00:09:03 | 00:00:13:15 | Welcome to the Q-tips for Your Ears podcast series. During each |
| 2. | 00:00:13:15 | 00:00:17:21 | session, we will highlight a new topic to improve healthcare |
| 3. | 00:00:17:21 | 00:00:19:22 | quality and patient outcomes. |
| 4. | 00:00:20:14 | 00:00:25:09 | My name is D kaser and my colleague Tammy Wagner is with |
| 5. | 00:00:25:09 | 00:00:29:23 | me today. We are quality improvement advisors for the |
| 6. | 00:00:29:23 | 00:00:35:06 | Great Plains Quality Innovation Network. Thanks for taking the |
| 7. | 00:00:35:06 | 00:00:39:00 | time to join us today. Our topic is C diff. |
| 8. | 00:00:40:09 | 00:00:45:11 | So, Tammy, could you explain what is C diff? |
| 9. | 00:00:46:16 | 00:00:51:03 | I can, Dee. Thank you. See, Diff is a bacteria or germ that |
| 10. | 00:00:51:03 | 00:00:55:22 | causes diarrhea and colitis. Or in other words, an inflammation |
| 11. | 00:00:55:22 | 00:01:00:16 | of the colon. Most cases occur either when a patient patient is |
| 12. | 00:01:00:16 | 00:01:05:03 | taking antibiotics or not, long after a person has finished |
| 13. | 00:01:05:03 | 00:01:09:15 | taking them. C diff bacteria or germs are found in feces or |
| 14. | 00:01:09:15 | 00:01:14:01 | better known as poop. People can get infected if they touch |
| 15. | 00:01:14:01 | 00:01:16:15 | surfaces contaminated with feces. |
| 16. | 00:01:16:19 | 00:01:21:05 | And then touch their mouth or touch the food that goes into |
| 17. | 00:01:21:05 | 00:01:25:22 | their mouth. I do want to tell people that C diff has multiple |
| 18. | 00:01:25:22 | 00:01:30:12 | names at one time it was called cluster deem difficile, but a |
| 19. | 00:01:30:12 | 00:01:34:10 | couple of years ago it was changed to clostridioides |
| 20. | 00:01:34:10 | 00:01:38:21 | difficile for science reasons. Other names are seed difcil |
| 21. | 00:01:38:21 | 00:01:42:18 | seed diff CDI, which means clostridioides difficile |
| 22. | 00:01:42:18 | 00:01:47:06 | infection. C diff is what we're going to call it here today, |
| 23. | 00:01:47:06 | 00:01:47:13 | Dee. |
| 24. | 00:01:47:17 | 00:01:52:05 | OK, so why is it important to know about C diff? Well, first, |
| 25. | 00:01:52:05 | 00:01:56:13 | we want everyone to know that |

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| | | | November is C diff Awareness |
| 26. | 00:01:56:13 | 00:02:00:24 | month, and the reason that it's so important to know about C |
| 27. | 00:02:00:24 | 00:02:05:03 | diff is that half a million infections are caused by sea |
| 28. | 00:02:05:03 | 00:02:06:07 | diff every year. |
| 29. | 00:02:07:00 | 00:02:12:04 | Nearly 30,000 people with C diff infection die every year in the |
| 30. | 00:02:12:04 | 00:02:13:07 | United States. |
| 31. | 00:02:14:13 | 00:02:19:11 | One and 11 people over the age of 65 that's diagnosed with C |
| 32. | 00:02:19:11 | 00:02:24:14 | diff infection die within one month and three in 10 people who |
| 33. | 00:02:24:14 | 00:02:29:11 | get a see different infection will get it again. Wow, those |
| 34. | 00:02:29:11 | 00:02:31:20 | are some alarming statistics. |
| 35. | 00:02:32:23 | 00:02:37:06 | Can you explain who is most susceptible to see diff the |
| 36. | 00:02:37:06 | 00:02:42:05 | groups that are most susceptible to see diff are people 65 years |
| 37. | 00:02:42:05 | 00:02:46:17 | old and older. People who are taking or who have recently |
| 38. | 00:02:46:17 | 00:02:51:16 | taken an antibiotic. Those that had a recent hospital or nursing |
| 39. | 00:02:51:16 | 00:02:56:08 | home stay. People with weakened immune systems such as those |
| 40. | 00:02:56:08 | 00:02:58:16 | that have cancer, HIV or AIDS. |
| 41. | 00:02:59:02 | 00:03:03:00 | Or organ transplants and those that are taking drugs that |
| 42. | 00:03:03:00 | 00:03:07:12 | suppress the immune system. That is quite a number of people that |
| 43. | 00:03:07:12 | 00:03:11:14 | are susceptible. So how does someone get cdif? Well, C diff |
| 44. | 00:03:11:14 | 00:03:15:14 | is extremely contagious. It's important to be aware of the |
| 45. | 00:03:15:14 | 00:03:19:19 | ways that it can spread. C diff germs are spores when they're |
| 46. | 00:03:19:19 | 00:03:23:17 | outside of the body. These spores are an inactive form of |
| 47. | 00:03:23:17 | 00:03:28:00 | the germ and have a protective coating that allows them to live |
| 48. | 00:03:28:00 | 00:03:30:23 | for months or sometimes years on surfaces. |
| 49. | 00:03:31:00 | 00:03:35:04 | And in the soil, the germs become active again. When these |
| 50. | 00:03:35:04 | 00:03:39:07 | spores are swallowed and then reach a person's intestines. |

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| 51. | 00:03:39:07 | 00:03:43:11 | Also, direct contact is one way someone who has C diff can |
| 52. | 00:03:43:11 | 00:03:47:11 | spread the germs to the people that they touch in direct |
| 53. | 00:03:47:11 | 00:03:51:08 | contact is another way to contract C diff. If you have |
| 54. | 00:03:51:08 | 00:03:55:09 | contact with a caregiver of someone with C diff, they may |
| 55. | 00:03:55:09 | 00:03:59:18 | have picked up the germs in the past. Then on to you. Another |
| 56. | 00:03:59:18 | 00:04:01:19 | way is contaminated surfaces. |
| 57. | 00:04:02:02 | 00:04:05:14 | If a person with C diff doesn't wash, wash their hands after |
| 58. | 00:04:05:14 | 00:04:09:03 | using the bathroom. The germs can spread to others who touched |
| 59. | 00:04:09:03 | 00:04:10:16 | the things that they touch. |
| 60. | 00:04:12:00 | 00:04:15:12 | People may not even know that they have C diff. The germs can |
| 61. | 00:04:15:12 | 00:04:19:02 | be in the body and not cause any symptoms at all, even though a |
| 62. | 00:04:19:02 | 00:04:22:11 | person may not feel sick, that person can still spread the |
| 63. | 00:04:22:11 | 00:04:25:11 | germs to others who may develop a serious infection. |
| 64. | 00:04:26:14 | 00:04:30:19 | Well, Tammy, it sounds like this is something that you want to |
| 65. | 00:04:30:19 | 00:04:35:01 | get on top of right away if you do contract it. So can you tell |
| 66. | 00:04:35:01 | 00:04:39:01 | us some of the symptoms of C diff to be on the lookout for? |
| 67. | 00:04:39:01 | 00:04:43:06 | Of course I will explain first the symptoms of mild C diff and |
| 68. | 00:04:43:06 | 00:04:47:07 | then go on to moderate to severe infection, a mild infection |
| 69. | 00:04:47:07 | 00:04:51:07 | would be like watery diarrhea three or more times a day for |
| 70. | 00:04:51:07 | 00:04:54:24 | more than 24 hour period and maybe some mild abdominal |
| 71. | 00:04:54:24 | 00:04:56:14 | cramping and tenderness. |
| 72. | 00:04:57:01 | 00:05:02:05 | And I know this sounds like the stomach flu, but this is watery |
| 73. | 00:05:02:05 | 00:05:07:02 | diarrhea. There is no form stool at all. Moderate to severe |
| 74. | 00:05:07:02 | 00:05:11:15 | infection. What is watery diarrhea as often as 10 to 15 |
| 75. | 00:05:11:15 | 00:05:16:15 | times a day. Abdominal cramping and pain. A rapid heart rate. |

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| 76. | 00:05:16:15 | 00:05:21:16 | Dehydration, fever, nausea. Or bladder puss in the stool. And |
| 77. | 00:05:21:16 | 00:05:26:08 | this can lead to kidney failure or even death. Definitely |
| 78. | 00:05:26:08 | 00:05:27:20 | something that we. |
| 79. | 00:05:27:22 | 00:05:32:15 | Need to try to not catch. So what can we do to reduce chances |
| 80. | 00:05:32:15 | 00:05:37:15 | for a C diff infection while we can all be better at washing our |
| 81. | 00:05:37:15 | 00:05:42:14 | hands, we should be washing our hands with soap and water for at |
| 82. | 00:05:42:14 | 00:05:46:23 | least 20 seconds before and after using the bathroom and |
| 83. | 00:05:46:23 | 00:05:51:16 | before and after eating. Also before and after having contact |
| 84. | 00:05:51:16 | 00:05:56:12 | with others, such as when you shake someone's hand, we need to |
| 85. | 00:05:56:12 | 00:06:00:15 | control contact with people that we know have C diff. |
| 86. | 00:06:00:22 | 00:06:04:23 | If we need to have contact, we should use protective gear. If |
| 87. | 00:06:04:23 | 00:06:08:20 | we can, such as gloves and maybe gowns, and then we need to |
| 88. | 00:06:08:20 | 00:06:12:16 | disinfect and clean thoroughly. To do that, we need to use |
| 89. | 00:06:12:16 | 00:06:16:14 | products that contain chlorine bleach to kill the bacteria. |
| 90. | 00:06:16:14 | 00:06:20:13 | Ordinary alcohol based cleaners and sanitizers do not kill C |
| 91. | 00:06:20:13 | 00:06:20:21 | diff. |
| 92. | 00:06:21:20 | 00:06:25:14 | Ways that we can try to keep from getting C diff also include |
| 93. | 00:06:25:14 | 00:06:28:12 | not taking antibiotics when they're not needed. |
| 94. | 00:06:29:09 | 00:06:33:02 | We may go to the doctor not feeling well, and because we |
| 95. | 00:06:33:02 | 00:06:36:18 | want something from that appointment, you know we don't |
| 96. | 00:06:36:18 | 00:06:40:18 | wanna walk away empty handed. We might really want to try to |
| 97. | 00:06:40:18 | 00:06:44:06 | encourage the doctor to prescribe an antibiotic. This |
| 98. | 00:06:44:06 | 00:06:47:12 | can be a dangerous game. We play. The more we use |
| 99. | 00:06:47:12 | 00:06:51:14 | antibiotics for inappropriate reasons or for durations longer |
| 100. | 00:06:51:14 | 00:06:55:03 | than we need to. We keep |

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| | | | antibiotics from working well |
| 101. | 00:06:55:03 | 00:06:59:01 | due to resistance. An example would be taking an antibiotic |
| 102. | 00:06:59:01 | 00:06:59:21 | for a viral. |
| 103. | 00:06:59:23 | 00:07:04:00 | Illness antibiotics only work if bacteria is present. People are |
| 104. | 00:07:04:00 | 00:07:07:19 | 10 times more likely to get C diff while on antibiotics and |
| 105. | 00:07:07:19 | 00:07:11:18 | during the month after. This is because antibiotics, the fight |
| 106. | 00:07:11:18 | 00:07:15:17 | bacterial infections by killing bad germs, can also get rid of |
| 107. | 00:07:15:17 | 00:07:19:17 | the good germs that protect the body against harmful infections |
| 108. | 00:07:19:17 | 00:07:20:11 | like C diff. |
| 109. | 00:07:21:14 | 00:07:26:05 | Antibiotic resistance and stewardship is a podcast all in |
| 110. | 00:07:26:05 | 00:07:31:03 | itself, and I'm sure we'll have one in the future, so Tuneln |
| 111. | 00:07:31:03 | 00:07:36:09 | very true. So this is dangerous, obviously from what you've said |
| 112. | 00:07:36:09 | 00:07:41:02 | so far. So what is the treatment for C diff? C diff can be |
| 113. | 00:07:41:02 | 00:07:46:10 | treated with antibiotics? I know that sounds weird, but there are |
| 114. | 00:07:46:10 | 00:07:51:07 | some specific antibiotics such as metronidazole, vancomycin, |
| 115. | 00:07:51:07 | 00:07:51:13 | or. |
| 116. | 00:07:52:07 | 00:07:56:16 | I'm gonna try to pronounce this fidaxomicin, and these |
| 117. | 00:07:56:16 | 00:08:01:00 | antibiotics are the ones that help to eradicate C diff |
| 118. | 00:08:01:00 | 00:08:05:11 | infection while limiting disturbances of other bacteria |
| 119. | 00:08:05:11 | 00:08:10:00 | in the intestine. Yeah, great information. So where can a |
| 120. | 00:08:10:00 | 00:08:15:00 | person go to learn more about cdiff? Absolutely someone can go |
| 121. | 00:08:15:00 | 00:08:20:06 | to ourgreatplainsqin.org website to find out more. And that would |
| 122. | 00:08:20:06 | 00:08:22:06 | be under the initiatives. |
| 123. | 00:08:22:08 | 00:08:27:18 | And improving patient safety and also you know the Center for |
| 124. | 00:08:27:18 | 00:08:33:05 | Disease Control has some great information for people and that |
| 125. | 00:08:33:05 | 00:08:34:18 | is cdc.gov/Cdiff . |

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| 126. | 00:08:36:04 | 00:08:40:04 | All right. Well, thank you, Tammy, for this very valuable |
| 127. | 00:08:40:04 | 00:08:44:15 | information. I'm sure that our listeners will will take this to |
| 128. | 00:08:44:15 | 00:08:48:22 | heart and do what they can to help stop the spread of C diff. |
| 129. | 00:08:48:22 | 00:08:52:19 | And remember about the antibiotics and don't always ask |
| 130. | 00:08:52:19 | 00:08:56:24 | for one when you don't need it. So true. All right. Well, we |
| 131. | 00:08:56:24 | 00:09:01:08 | hope you enjoyed today's Q-tips for your ears session. We look |
| 132. | 00:09:01:08 | 00:09:05:16 | forward to connecting with you next time. Have a great. Have a |
| 133. | 00:09:05:16 | 00:09:06:09 | great day. |