

Subtitle

Q-tips CDI recording (1).vtt

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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 dificil
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. Them 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 TuneIn
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 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.