HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM

Clostridioides difficile Infection **Prevention**

ACH IP Course, 2022

Infection Prevention Training for ACH Healthcare-Associated Infections Program Center for Health Care Quality California Department of Public Health



Objectives

- Describe the cause and epidemiology of *Clostridioides difficile* infection (CDI)
- Review evidence-based CDI prevention strategies
- Describe importance of adherence monitoring and feedback



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Clostridioides difficile

- An anaerobic, gram-positive, spore-forming, toxin-producing bacillus
- Transmitted among humans via the fecal-oral route
- The cause of *Clostridioides difficile* infection (CDI); severity ranges from mild diarrhea to severe intestinal infection (colitis); death in up to 9% of cases
- The leading cause of antibiotic-associated colitis in adults, in both acute and long-term care settings

Leffler and Lamont. New Engl J Med ;372:1539-48, 2015 Lessa, et al. New Engl J Med ;372:825-34, 2015 Laffan, et al. J Am Geriatr Soc ;54(7):1068-73, 2006

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U.S. CDI Burden

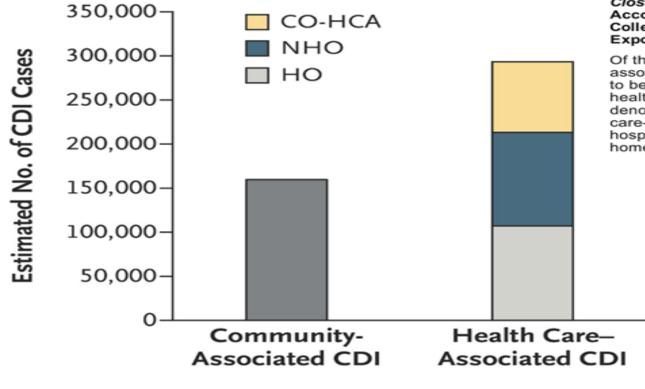


Figure 1. Estimated U.S. Burden of *Clostridium difficile* Infection (CDI), According to the Location of Stool Collection and Inpatient Health Care Exposure, 2011.

Of the estimated cases of communityassociated CDI, 82% were estimated to be associated with outpatient health care exposure.¹¹ CO-HCA denotes community-onset health care–associated infection, HO hospital onset, and NHO nursing home onset.

Lessa, et al. New Engl J Med ;372:825-34, 2015



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Healthcare-Associated CDI in California

- *C.difficile* is the most frequently reported HAI by California hospitals
 4,886 hospital-onset CDI reported in 2019
- Patients often cycle between multiple hospitals, long term acute care, and long term care facilities
 - 26% of CDI patients in Orange County were readmitted to another facility within 12 weeks of discharge

Huang et al., Infect Control Hosp Epidemiol, 31(11), 1160-1169, 2010



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2020 CDI Prevention Goal for Hospitals

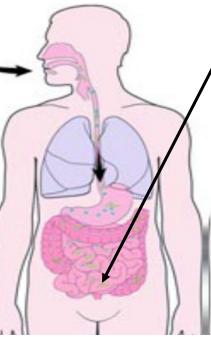
- National HAI Prevention Action Plan target goal:
 - 30% CDI reduction from 2015 baseline
 - 2019: California hospitals have surpassed target goal -48% decrease in CDI from 2015
 - Recommended by the CDPH HAI Advisory Committee for all California hospitals
 - No baseline CDI data for SNF at this time in order to determine a reduction goal
 - Prevention strategies are still important to SNF



C. difficile Pathogenesis

The following events may take place separately and in any order, but both are required for CDI to occur

Ingested C. difficile spores transmitted to patients via the hands of healthcare personnel and environment



Spores germinate into a growing vegetative form Changes in lower intestinal flora due to **antimicrobial use** allows proliferation of *C. difficile* in colon

Toxin A & B production leads to colon damage 🖊

Sunenshine et al. Cleve Clin J Med. 2006;73:187-97

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Two Preventable Events in CDI

The following events may occur separately and in any order, but **both** are required for infection to occur:

- The normal <u>intestinal flora must be compromised</u> (for example, due to antibiotics) allowing for *C.difficile* to establish itself and proliferate
- 2. <u>C.difficile bacteria or spores must be ingested</u>



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Risk Factors for CDI

- Acquisition of *C. difficile* bacteria (*Modifiable risk factor*)
- Antimicrobial exposure (*Modifiable risk factor*)
- Advanced age
- Immunosuppression
- Tube feedings
- Gastric acid suppression
- Prolonged stay in healthcare facility
- Inflammatory bowel disease
- GI surgery



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CDI Diagnosis

- Presence of symptoms, usually diarrhea
 - ≥3 unformed stools over 24 hours (specifically, stool conforms to shape of container)
- Positive stool test for *C. difficile* or toxins
- Diagnostic imaging
 - Endoscopic or histologic (for example, pseudomembranous disease)
- CDI relapse occurs in 10-25% cases

Cohen, S., Clostridium difficile Infection: Current Challenges and Controversies, 2008

CDI Testing

- Only test patients with clinically significant diarrhea without other identified causes
 - Consider alternate etiologies for diarrhea
 - Discontinue laxatives for 24-48 hours and reevaluate prior to testing
- Use laboratory-based system for immediate notification of positive CDI test results
- Single stool specimen at onset of symptoms is sufficient
- Repeat testing is of limited value; "test of cure" is not recommended



IDSA Clinical Practice Guidelines for CDI Update 2018

Clinical Infectious Diseases

IDSA GUIDELINE



Health

Clinical Practice Guidelines for *Clostridium difficile* Infection in Adults and Children: 2017 Update by the Infectious Diseases Society of America (IDSA) and Society for Healthcare Epidemiology of America (SHEA)

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A panel of experts was convened by the Infectious Diseases Society of America (IDSA) and Society for Healthcare Epidemiology of America (SHEA) to update the 2010 clinical practice guideline on *Clostridium difficile* infection (CDI) in adults. The update, which has incorporated recommendations for children (following the adult recommendations for epidemiology, diagnosis, and treatment), includes significant changes in the management of this infection and reflects the evolving controversy over best methods for diagnosis. *Clostridium difficile* remains the most important cause of healthcare-associated diarrhea and has become the most commonly identified cause of healthcare-associated infection in adults in the United States. Moreover, *C. difficile* has established itself as an important community pathogen. Although the prevalence of the epidemic and virulent ribotype 027 strain has declined markedly

HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM 13 Test Recommendations Algorithm 13

Clinicians and lab personnel agree at the institutional level to **not submit stool specimens on patients receiving laxatives** and to submit stool specimens only from patients with unexplained and new onset >3 unformed stools in 24hr for CDI Testing

NO

Stool toxin test* as part of a multiple step algorithm, (GDH plus toxin; GDH plus toxin, arbitrated by NAAT; or NAAT plus toxin) rather than a nucleic acid amplification test (NAAT) alone NAAT alone OR stool toxin test* as part of a multiple step algorithm (GDH plus toxin; GDH plus toxin arbitrated by NAAT; or NAAT plus toxin), rather than a toxin test alone

、YFS

*Approved stool EIA toxin tests vary widely in sensitivity. Lab should choose a toxin test with sensitivity in the upper range of sensitivity as reported in literature.



HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM 1 Preventing CDI: The MOST Important Things

Prevent C. difficile Acquisition / Reduce Antimicrobial Exposure

- Isolate patients with diarrhea pending CDI confirmation
- □ Lab alert system for immediate notification of positive CDI tests
- Contact precautions for duration of diarrhea plus 48 hours
 - Private room, dedicated toilet
 - Gloves/gown to enter room
 - Remove gloves, perform hand hygiene prior to room exit
- Hand hygiene before/after patient contact
 & after glove removal
 - Patient hand hygiene

- Disposable equipment
- Sporicidal disinfectant for cleaning reusable equipment
- Sporicidal disinfectant for terminal cleaning
- **Quality cleaning,** daily & terminal
- CDI-targeted antimicrobial stewardship
 program
 - Improve overall prescribing, stop unnecessary antibiotics
 - Restrict high-risk antibiotics based on local epidemiology
 - □ Stop inciting antibiotic



Contact Precautions for CDI

Place on Contact precautions for duration of diarrhea

- Extend contact precautions beyond duration of diarrhea (Example: for 48 hours after diarrhea ceases)
- Emphasize glove use and removal of gloves prior to exiting room of CDI patient
 - Gloves are effective at preventing *C.difficile* contamination of hands
 - Adherence to glove use is critical to preventing *C.difficile* transmission via hands of health care providers
- Emphasize compliance with hand hygiene



Contact Precautions – Special Approaches

When CDI rates remain high or during an outbreak, isolate patients with diarrhea pending CDI confirmation

- Rationale: Patients with CDI may contaminate the environment and hands of health care providers before results of testing are known.
- For patients with possible recurrent CDI, isolate and test following first unformed stool



Hand Hygiene for CDI

Perform hand hygiene before and after contact with CDI patient and after removing gloves

- Routinely use alcohol hand rub **or** soap and water
 - *C. difficile* spores are resistant to alcohol; <u>however</u>, studies did not find increases in CDI with alcohol-based hand hygiene, but several did find reductions in MRSA or VRE
- Use **soap and water** during CDI outbreak, "hyper-endemic setting," or hand fecal contamination
 - Be aware: Hand hygiene adherence may decrease when soap and water is the only option provided



Hand Hygiene and Gloves – Special Approaches

When CDI rates **remain high** or during an outbreak, **implement universal glove use** for facilities or units with high CDI rates

- Rationale: *C.difficile* spores are difficult to remove even with hand washing
- Asymptomatic carriers play a role in transmission (though magnitude of contribution unknown)
- Adherence to glove use with or without contact precautions is critical to preventing *C. difficile* transmission via hands of health care providers



CDI-Targeted Antimicrobial Stewardship

Implement an antimicrobial stewardship program (ASP)

- Goal: Minimize the frequency and duration of antimicrobials and the number of antimicrobials prescribed
- Target antimicrobials based on local epidemiology
 - Restricting fluoroquinolones, cephalosporin, and clindamycin has been effective
- Reduce use of broad-spectrum antibiotics
 - Enforcing a narrow-spectrum antibiotic policy with feedback to prescribing physician resulted in significant CDI reduction in 3 acute geriatric medical wards

Fowler et al. J Antimicrob Chemother 2007;59:990-5

CDI-Targeted Antimicrobial Stewardship continued

• Increased risk of CDI has been linked to specific antibiotics

High Risk	Medium Risk	Low Risk
Aminopenicillins	Beta-lactam/beta-lactamase inhibitors	Macrolides
Clindamycin	Carbapenems	Trimethoprim/ sulfamethoxazole
Cephalosporins		Tetracyclines
Fluoroquinolones		

Dubberke, et al. Infect Contr Hosp Epidemiol. 2014;35(6):628-645 Price, et al. Clin Microbiol Infect. 2010;16(8):1297-302



Examples of CDI-Targeted ASP Interventions

- Formulary restriction and prospective audit with feedback
 - Target antibiotic(s) most associated with CDI at <u>your</u> facility
 - Recommend lower-risk alternatives, and optimizing dosing, route, and duration of therapy
- Target patients with CDI diagnoses for medication review to identify and discontinue unnecessary antibiotics

Fowler et al. J Antimicrob Chemother 2007;59:990-5



ASP Interventions Reduce Risk of *C. difficile* Transmission

Improved overall antimicrobial prescribing



Stopping unnecessary antibiotics in patients with new CDI diagnoses

Improved clinical response to treatment and reduced risk of recurrent CDI



Fewer CDI patients contribute to transmission



Dubberke, et al. Infect Contr Hosp Epidemiol. 2014;35(6):628-645

California Antimicrobial Stewardship Initiative

- CDPH HAI Program activity
- Objective: Assist California hospitals and long-term care facilities with optimizing antimicrobial use to improve patient outcomes
- <u>CDPH Antimicrobial Stewardship Program Initiative web</u>
 <u>page</u>

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/CA_AntimicrobialStewards hipProgramInitiative.aspx)



Environmental Cleaning and Disinfection

- Patients with CDI can shed bacteria and spores into the environment both during *and after* treatment of CDI
- Ensure <u>thorough</u> daily and terminal cleaning of patient care areas
 - Focus on high-touch surfaces and the bathroom
- Assess adequacy of cleaning
 - Study in 3 hospitals used fluorescence to assess cleaning
 - Only 47% of high-touch surfaces cleaned



Equipment

- Identify and remove unnecessary equipment that can be environmental sources of *C.difficile* transmission
 - Use **disposable** equipment when possible
 - Ensure reusable equipment is cleaned with a sporicidal disinfectant

Who cleans what and when?



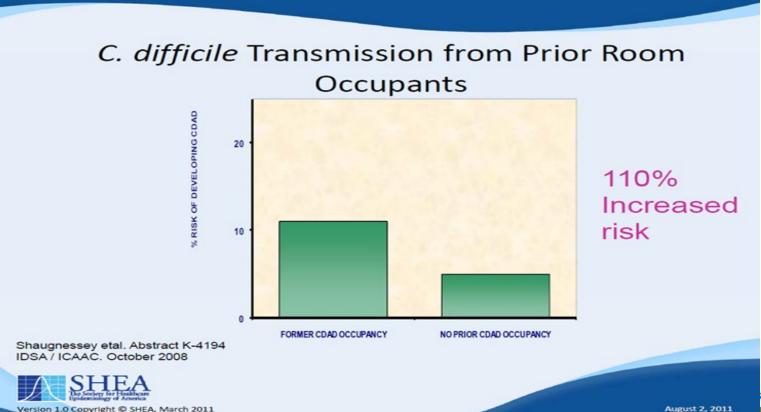
Environmental Cleaning and Disinfection-Special Approaches

When CDI rates remain high or during an outbreak, use a **sporicidal disinfectant** for daily and terminal cleaning (for example, bleach), in conjunction with other measures

- Limited data suggest cleaning with bleach (1:10 dilution prepared fresh daily) reduces *C. difficile* transmission
- Two before-after studies showed benefit on units with high endemic CDI rates
- Sporicidal disinfectants may be most effective in reducing burden where CDI rates high



CDI in the Hospital Environment





Infection Prevention Role in CDI Prevention

- Ensure policies reflect current evidence-based practice recommendations
- Ensure staff competency upon hire and at least annually (Examples: new hire orientation, annual skills fair, return demonstration to ensure competency)
- Establish an **adherence monitoring program** for core care practices
 - Use available adherence monitoring tools
 - Ensure feedback provided to frontline staff
- Present adherence results and CDI incidence to leaders



HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM 29 Adherence Monitoring Tool Hand Hygiene

Discip line								
N	□ entering room* □ before task □ after body fluids □ after care* ☑ leaving room							
N	Øentering room* □ befo	ore task 🛛 after body fluids	□ after care*	\Box leaving room	\otimes			
CNA	□ entering room* □ befo	ore task 🛛 after body fluids	□ after care*	☑ leaving room	~			
CNA	☑ entering room* □ befo	ore task 🛛 after body fluids	□ after care*	\Box leaving room	\otimes			
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CDPH Adherence Monitoring tools

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/MonitoringAdherenceToHCPractices ThatPreventInfection.aspx)



Adherence Monitoring Tool – Contact Precautions

Regular monitoring with feedback of results to staff can maintain or improve adherence to contact precautions practices. Use this tool to identify gaps and opportunities for improvement. Monitoring may be performed in any type of patient care location where patients are on contact precautions.

Instructions: Observe 3-4 patients/residents on contact precautions. Observe each practice and check a box if adherent, Yes or No. In the column on the right, record the total number of "Yes" for adherent practices observed and the total number of observations ("Yes" + "No"). Calculate adherence percentage in the last row.

Contact Precautions Practices		Contact Precautions Patient/Resident 1 Patient/Resident 2		Contact Precautions							
				Patient/Resident 2		Patient/Resident 3		Patient/F	Resident 4	# Yes	# Observed
CP1.	Gloves and gowns are available and located near point of use.	Yes	No	Ves 1	No	Yes	No	Yes	No		
CP2.	Signs indicating the patient/resident is on contact precautions are clear and visible.	Yes	No	Yes	No	☐ Yes	No	Yes	No		
CP3.	The patient/resident on contact precautions is housed in single-room or cohorted based on a clinical risk assessment.	☐ Yes	No	Yes	No	Yes	No	Yes	No		
CP4.	Hand hygiene is performed before entering the patient/resident care environment.	Yes	No	Ves 1	No	☐ Yes	No	Yes	No		
CP5.	Gloves and gowns are donned before entering the patient/resident care environment.	Yes	No	Yes	No	Ves 1	No	☐ Yes	No		
CP6.	Gloves and gowns are removed and discarded, and hand hygiene is performed before leaving the patient/resident care environment. Soap & water is used if it is hospital policy or if the patient/resident has C.difficile infection.	Yes	No	Yes	No	Yes	No	Yes	No		
CP7.	Dedicated or disposable noncritical patient-care equipment (e.g. blood pressure cuffs) is used; if dedicated/disposable equipment is unavailable, then equipment is cleaned and disinfected prior to use on another patient/resident according to manufacturers' instructions.	□ Yes	No	Yes	No	Yes	No	Yes	No		
# of Correct Practices Observed ("# Yes"): Total # Contact Precautions Observations ("# Observed"): Adherence% (Up to 28 total) If practice could not be observed (i.e. cell is blank), do not count in total # Observed.											

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Adherence Monitoring HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM 31 Tool – Environmental Cleaning and Disinfection

Regular monitoring with feedback of results to staff can maintain or improve adherence to environmental cleaning practices. Use this tool to identify gaps and opportunities for improvement. Monitoring may be performed in any type of patient care location.

Instructions: Observe at least two (2) different environmental services (EVS) staff members. Observe each practice and check a box if adherent ("Yes") or not adherent ("No"). In the right column, record the total number of "Yes" responses for adherent practices observed and the total number of observations ("Yes" + "No"). Calculate adherence percentage in the last row.

Environmental Cleaning Practices			EVS Staff 1		EVS Staff 2		EVS Staff 3		Adherence by Task			
							200 00000		# Yes	# Observed		
ES1.	Detergent/	Yes	No	Yes	No	Yes	No					
ES2.	Solution rei	mains in wet contact wit	h surfaces according to man	ufacturer's instructions.	Yes	No	Yes	No	☐ Yes	No		
ES3.			tion of solutions and cleanin loth is changed when visibly		Yes	No	Yes	No	Yes	No		
ES4.	Standard cleaning protocol is followed to avoid cross-contamination (e.g. from top to					No	Yes	No	Yes	No		
ES5.	ESS. Environmental Services staff use appropriate personal protective equipment (e.g. Gowns and gloves are used for patients/residents on contact precautions upon entry to the Contact precautions room.)					No	Yes	No	☐ Yes	No		
ES6.	ES6. Hand hygiene is performed throughout the cleaning process as needed, including before and after glove use.					No	Yes	No	Yes	No		
ES7. High-touch surfaces* are thoroughly cleaned and disinfected after each patient. Mark "Yes" if Fluorescent Marker Assessment Tool result is 100%; mark "No" if <100%.					Yes	No	Yes	No	Yes	No		
ES8. There are no visible tears or damage on environmental surfaces or equipment.					Yes 1	No No	Yes	No No	Yes 🗌	No No		
ES9.	S9. The room is clean, dust free, and uncluttered.					No No	Ves 1	🗌 No	Yes	No No		
*Exampl	les of high tou	ch surfaces:										
Bed rai Tray ta Side ta	ble	le Room sink Call button In-room cabinet			Bathroom light switch				Bathro Toilet	athroom sink athroom faucet oilet flush handle		
Side ta	ide table handle Room sink faucet PPE container In-room computer/key			board	Toil	et seat			Toilet/	bedpan cl	eaner	
# of Correct Practice Observed ("# Yes"): Total # Environmental Services Observations ("# Observed"): Adherence%												

If practice could not be observed (i.e. cell is blank), do not count in total # Observed.

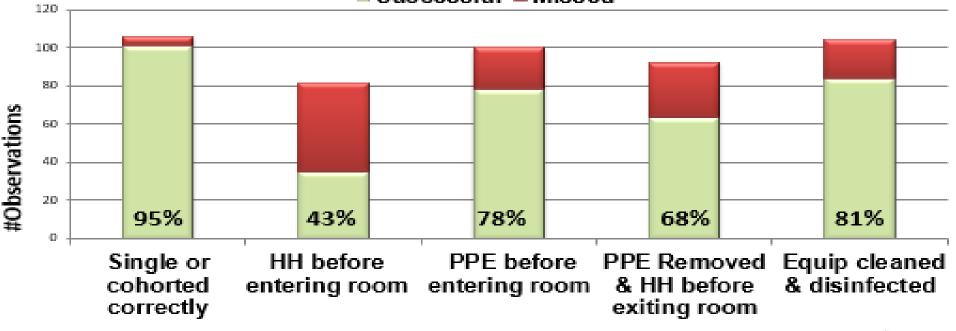
Provide Feedback on Adherence Monitoring

- Share adherence monitoring results and CDI incidence with unit staff
- Present results to managers and leadership
 - Use data to focus prevention efforts
 - Use data to get needed resources



HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM 33 Feedback Report Sample

CDPH Contact Precautions Observations, 131 Facilities, 2016





Feedback Report Sample

CDPH Environmental Cleaning Observations, 131 Facilities, 2016

Successful Missed 275 3763 225 200 175 #Observations 150 125 1400 724 240 225 95% 37% 84% 94% 49% 68 Solution mixed Contact time to New clean, Proper PPE High touch saturated cloth objects to mfg mfg instructions cleaned dailyinstructions used in each w/EPA room

disinfectant



Preventing CDI: The MOST Important Things 35

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- **Quality cleaning,** daily & terminal
- CDI-targeted antimicrobial stewardship program
 - Improve overall prescribing, stop unnecessary antibiotics
 - Restrict high-risk antibiotics based on local epidemiology
 - □ Stop inciting antibiotic



Resources

- Stone ND, Ashraf MS, Calder J et al. CDC/SHEA Surveillance Definitions for Infections in Long-term Care Facilities: Revisiting the McGeer Criteria, 2012. <u>www.jstor.org/stable/10.1086/667743</u>
- Clinical Practice Guidelines for *Clostridium difficile* Infection in Adults and Children: 2017 Update by the Infectious Disease Society of America (IDSA) and Society for Healthcare Epidemiology in America (SHEA). <u>doi.org/10.1093/cid/cix1085</u>
- <u>Centers for Disease Control and Prevention Clostridioides difficile Infection</u> (www.cdc.gov/HAI/organisms/cdiff/Cdiff_infect.html)



Questions?

For more information,

please contact

HAIProgram@cdph.ca.gov

Include "ACH IP Basics Course" in the subject line

Post Test

Now that you have completed this module, Click on the "Post Test" link when it pops up To Return to Learning Stream and take the post test If the Post Test link does not pop up, you will be sent a link via e-mail

