# Clostridioides difficile Infection Prevention

Infection Preventionist Training for Skilled Nursing Facilities
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

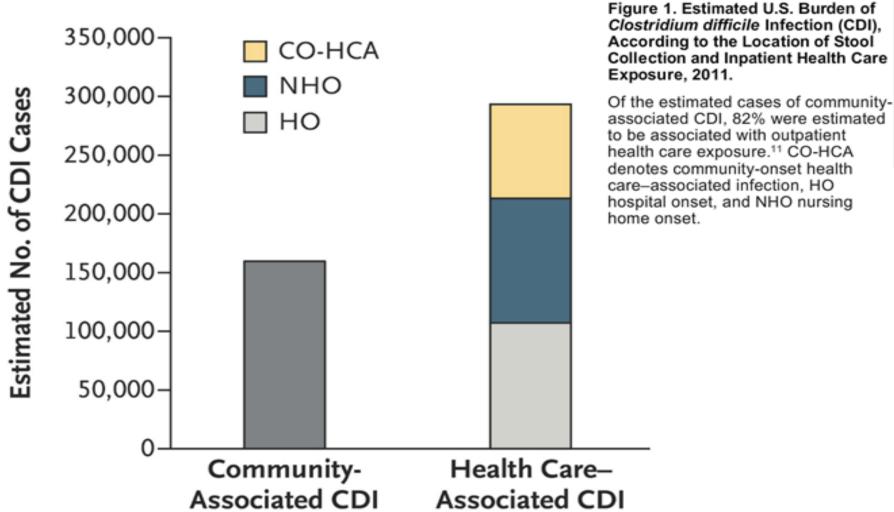


## Clostridiodes difficile

- An anaerobic, gram-positive, spore-forming, toxinproducing 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



### **U.S. CDI Burden**





### 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

### **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.

Ingest 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



### 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>



### **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
- Gl surgery



### **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

### **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







### 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)

L. Clifford McDonald, Dale N. Gerding, Stuart Johnson, Johnson, Sakken, Karen C. Carroll, Susan E. Coffin, Erik R. Dubberke, Kevin W. Garey, Carolyn V. Gould, Ciaran Kelly, Vivian Loo, Ulia Shaklee Sammons, Thomas J. Sandora, Mark H. Wilcox

<sup>1</sup>Centers for Disease Control and Prevention, Atlanta, Georgia; <sup>2</sup>Edward Hines Jr Veterans Administration Hospital, Hines, and <sup>3</sup>Loyola University Medical Center, Maywood, Illinois; <sup>4</sup>St Luke's Hospital, Duluth, Minnesota; <sup>5</sup>Johns Hopkins University School of Medicine, Baltimore, Maryland; <sup>6</sup>Children's Hospital of Philadelphia, Pennsylvania; <sup>7</sup>Washington University School of Medicine, St Louis, Missouri; <sup>8</sup>University of Houston College of Pharmacy, Texas; <sup>9</sup>Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, Massachusetts; <sup>16</sup>McGill University Health Centre, McGill University, Montréal, Québec, Canada; <sup>17</sup>Boston Children's Hospital, Massachusetts; and <sup>17</sup>Leeds Teaching Hospitals NHS Trust, United Kingdom

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 along with overall CDI rates in parts of Europe, it remains one of the most commonly identified strains in the United States where it causes a sizable minority of CDIs, especially healthcare-associated CDIs. This guideline updates recommendations regarding epidemiology, diagnosis, treatment, infection prevention, and environmental management.

Keywords. Clostridium difficile; Clostridioides difficile; Guidelines; CDI; CDAD.



### **Test Recommendations Algorithm**

Clinicians and lab personnel agree at the institutional level to <u>not submit</u> 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

**→ YES** 

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

\*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.

# **Preventing CDI: The MOST Important Things**

Prevent C. difficile Acquisition	/ Reduce Antimicrobial Exposure
Isolate patients with diarrhea	☐ Disposable equipment
pending CDI confirmation	Sporicidal disinfectant for
☐ Lab alert system for immediate	cleaning reusable equipment
notification of positive CDI tests	Sporicidal disinfectant for terminal
☐ Contact precautions for duration	cleaning
of diarrhea plus 48 hours	☐ Quality cleaning, daily & terminal
Private room, dedicated toilet	CDI-targeted antimicrobial
☐ Gloves/gown to enter room	stewardship program
Remove gloves, perform hand	Improve overall prescribing,
hygiene prior to room exit	stop unnecessary antibiotics
Hand hygiene before/after patient	Restrict high-risk antibiotics
contact & after glove removal	based on local epidemiology
Patient hand hygiene	☐ 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 alcoholbased hand hygiene, but several did find reductions in MRSA or VRE
- Use soap and water during CDI outbreak, "hyperendemic 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

# **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		



### **Examples of CDI-Targeted ASP Interventions**

- Formulary restriction and prospective audit with feedback
  - Target antibiotic(s) most associated with CDI at your 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



# 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



# 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
- CDPH Antimicrobial Stewardship Program Initiative web page

(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



# **Environmental Cleaning and Disinfection- Special Approaches**

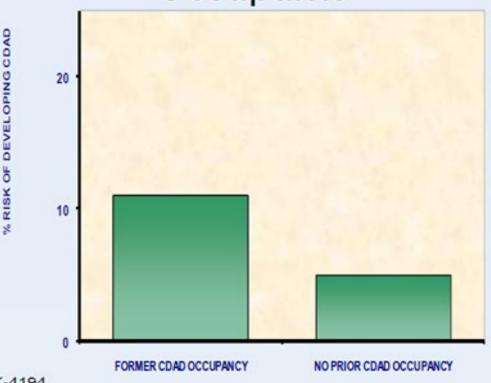
When CDI rates remain high or during an outbreak, use a **sporicidal disinfectant** for daily and terminal cleaning (for example, bleach), in conjunction with other measures

- 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

# C. difficile Transmission from Prior Room Occupants



110% Increased risk

Shaugnessey etal. Abstract K-4194 IDSA / ICAAC. October 2008



### 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



# **Adherence Monitoring Tool Hand Hygiene**

Discip line	* <b>Remember</b> : Hand	hat type of HH opportunit			ter glove use	✓ Successful
N	□ entering room* □ befo	, 0	· ·			~
N	☑entering room* ☐ befo	re task 🛮 afte	r body fluids	□ after care*	☐ leaving room	0
CNA	☐ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☑ leaving room	~
CNA	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	0
CNA	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	0
CNA	☐ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☑ leaving room	<b>~</b>
MD	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	0
MD	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	0
N	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	<b>~</b>
N	☑ entering room* ☐ befo	ore task 🛮 afte	er body fluids	☐ after care*	☐ leaving room	0
Т	otal # HH Successful ("# ✔ "): 4	Total # HH Op Observe	•	(Total # HH S	rence: <mark>40</mark> _ uccessful ÷Total s Observed x 100	

### **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		Contact Precautions Patient/Resident 2		Contact Precautions Patient/Resident 3		Contact Precautions Patient/Resident 4		# Yes	# Observed
CP1.	Gloves and gowns are available and located near point of use.	Yes	□No	Yes	□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	Yes	□No	Yes	No	Yes	No		
CP5.	Gloves and gowns are donned before entering the patient/resident care environment.	Yes	No	Yes	□No	Yes	□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		
<b>CP7</b> .	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 \_\_\_\_\_%
(Total "# Yes" ÷ Total "# Observed" x 100)

(Up to 28 total)

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

# Adherence Monitoring 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				
	Environmental cleaning Practices			EVSS	tan 1	EVSS	tan 2	Evastans		# Yes	# Observed	
ES1.	Detergent/disinfectant solution is mixed and stored according to manufacturer's instructions.				Yes	□No	Yes	□No	Yes	□No		
ES2.	Solution ren	nains in wet contact wit	h surfaces according to ma	inufacturer's instructions.	Yes	□No	Yes	□No	Yes	□No		
ES3.	- 1		tion of solutions and cleani cloth is changed when visib		Yes	No	Yes	□No	Yes	□No		
ES4.	1	eaning protocol is follow tient room to bathroom,	red to avoid cross-contaming and clean to dirty)	nation (e.g. from top to	Yes	No	Yes	□No	Yes	□No		
ES5.	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.)			Yes	□No	Yes	□No	Yes	□No			
ES6.	6. Hand hygiene is performed throughout the cleaning process as needed, including before and after glove use.				Yes	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	o visible tears or damag	e on environmental surface	es or equipment.	Yes	☐ No	Yes	☐ No	Yes	☐ No		
ES9.	. The room is clean, dust free, and uncluttered.					☐ No	Yes	☐ No	Yes	☐ No		
*Examples of high touch surfaces:												
Bed rai Tray ta									om sink om faucet	:		
Side tal	e table Room sink Call button In-room cabinet			Bathroom light switch Toilet flush				flush hand	le			
Side table handle Room sink faucet PPE container In-room computer/keyt				board	Toil	et seat			Toilet/	bedpan cl	eaner	
# of 0	# of Correct Practice Observed ("# Yes"): Total # Environmental Services Observations ("# Observed"): Adherence%  (Up to 15 Total) (Total "# Yes" ÷ Total "# Observed" x 100)											

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

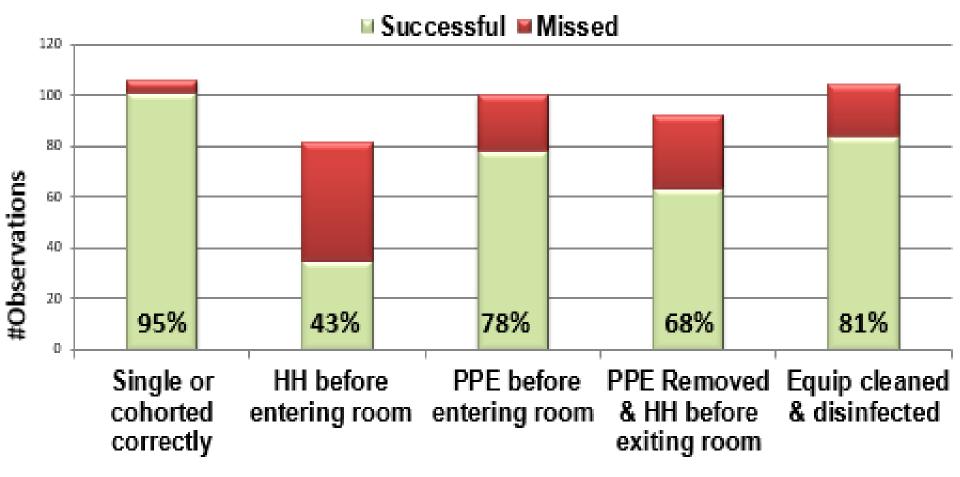
# Provide Feedback on Adherence Monitoring

- 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



### **Feedback Report Sample**

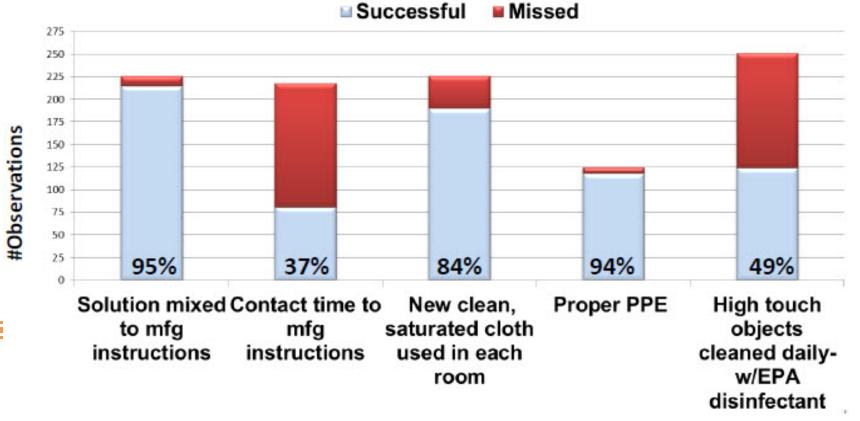
### CDPH Contact Precautions Observations, 131 Facilities, 2016





# **Feedback Report Sample**

### CDPH Environmental Cleaning Observations, 131 Facilities, 2016





# **Preventing CDI: The MOST Important Things**

Prevent C. difficile Acquisition /	Re	educe Antimicrobial Exposure
Isolate patients with diarrhea pending CDI confirmation		Disposable equipment Sporicidal disinfectant for
Lab alert system for immediate		cleaning reusable equipment
notification of positive CDI tests		Sporicidal disinfectant for terminal
Contact precautions for duration of		cleaning
diarrhea plus 48 hours		Quality cleaning, daily & terminal
Private room, dedicated toilet		CDI-targeted antimicrobial
☐ Gloves/gown to enter room		stewardship program
Remove gloves, perform hand		Improve overall prescribing,
hygiene prior to room exit		stop unnecessary antibiotics
Hand hygiene before/after patient		☐ Restrict high-risk antibiotics
contact & after glove removal		based on local epidemiology
☐ Patient hand hygiene		☐ 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. <a href="https://www.jstor.org/stable/10.1086/667743">www.jstor.org/stable/10.1086/667743</a>
- 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). doi.org/10.1093/cid/cix1085
- <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 "SNF IP Training Class" 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

