Clostridium Difficile (C.Diff.)

Things you should know
A Little Background

- C.Diff is a bacteria that can cause mild to severe diarrhea and inflammation of the colon (pseudomembranous colitis)

- Taking antibiotics can kill the good bacteria in the colon and allow the C.Diff bacteria to thrive and produce damaging toxins
Population at Risk

- Elderly people or those with other medical conditions
- People taking antibiotics
- People who are in healthcare settings (C.Diff is very much a healthcare associated issue)

http://www.phac-aspc.gc.ca/id-mi/cdiff-eng.php
Everybody takes Antibiotics!!!

- Certain antibiotics are more likely to cause C.Diff complications than others – these are the broad-spectrum drugs that kill a variety of different normal bacteria in the bowel (i.e. Clindamycin)
Not the ‘Old and Feeble’

http://www.usatoday.com/videos/life/wellness/2012/09/12/1421174/
Enhanced Cleaning

- It is vital that environmental services are made aware of a patient with C.Diff because a sporicidal cleaning agent is needed.
Hand Hygiene

- You need to wash hands with soap and water because the alcohol-based hand rub is not effective against C.Diff spores.
Progressive and a Little Gross

Super Poo!

Here I come... To save the day!

Stool transplants “are the ultimate probiotic, and also the grossest.”
Treatment of Recurrent CDI by Fecal Transplantation

- 18 patients; specimens delivered by nasogastric tube following vancomycin (4× d) and omeprazole (20 mg)
- Preparation of donor specimen
  - Fresh (< 6 h)
  - ~30 g or ~2 cm³ volume
  - Add 50 mL 0.9 NS and homogenize with blender
  - Filter suspension with paper coffee filter; re-filter
- Results
  - One of 16 survivors had a single subsequent recurrence (two died of unrelated illnesses)

Conclusion

- This presentation has been brought to you by the letter ‘P’ and the ‘Number 2’ (bwahahaha 😊)

questions anyone?