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Infection Prevention and Control team

Carbapenemase-Producing Enterobacteriaceae (CPE)

Introduction

This leaflet is for people who are known to be colonised with a bacteria called Carbapenemase-producing Enterobacteriaceae (CPE).

What are CPE?

CPE are a type of bacteria. They can live in the gut of some people and animals without causing any harm. This is called colonisation.

We can help to give the right care if we know who is colonised with CPE. We can also help to stop CPE from spreading to people who may become very ill.

It is important we know if someone is colonised with CPA, so that if an infection develops, the best antibiotic to treat the infection is identified quickly.

How do I know if I have CPE?

There are no signs of CPE. People will only know if they have CPE if they are tested.

Can CPE make people ill?

CPE can make people ill if it gets into their body, such as in the bladder or blood. It can also make other health problems harder to treat.

CPE can cause problems in vulnerable people in hospital or in other care settings. This is because some antibiotics do not work, making CPE difficult to treat.

What are Carbapenems?

- Carbapenems are very strong antibiotics.
- Doctors use carbapenems when other antibiotics have failed.
- People usually need to go into hospital to be given carbapenems.

What if I have become colonised with CPE?

- You do not need treatment if you are well.
- You will need only need antibiotics if CPE has made you ill.
- The doctor or nurse will explain this to you.

What about family and visitors?

- You do not need to change how you live if you are getting care at home.
- You can still have family and friends come to visit you, as CPE is not a problem for healthy people.
- Your family and friends should wash their hands before and after they see you. This will help to stop CPE and other germs from spreading.



How can the spread of CPE be stopped?

Taking precautions will help to stop CPE and other bacteria from spreading onto your clothes, towels and bedding.

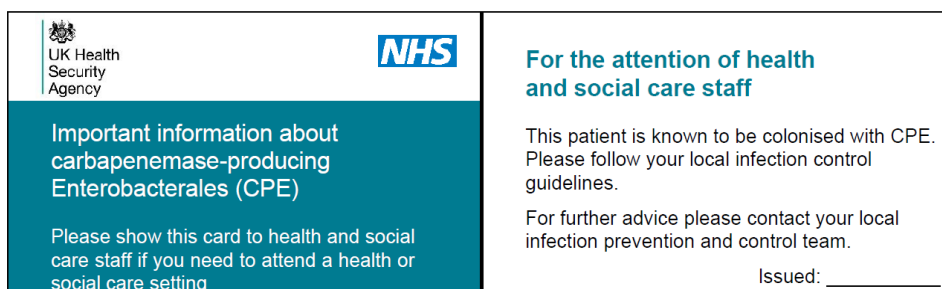
- Wash hands well with soap and water after going to the toilet.
- Keep toilet and bathroom areas clean.
- Keep a towel just for yourself that will not be used by your family and visitors.
- Do not touch medical equipment at the place where it goes into your body or skin. If you must touch it, please make sure you wash and dry your hands before and after.

All healthcare workers will wash their hands before and after they treat you. They will wear gloves and an apron when giving you care.

There may be times when healthcare workers must also wear face masks, such as when working during a pandemic.

Why have I been given a CPE patient-held card?

You will be given a card if you have had CPE or have become colonised with it. It will look similar to the one below:



Please show your CPE card if you go into hospital for treatment or to visit. This will help hospital staff to take the necessary steps to stop CPE from spreading.

Where can I find more information?

Your healthcare worker or doctor can answer any questions you may have.

Further information is available through the GOV.UK website:

<https://www.gov.uk/government/collections/carbapenem-resistance-guidance-data-and-analysis>

You can also ring the Infection Prevention and Control team or send them an email:

Telephone number: 01925 946 163

Email: bchft.ipcteam@nhs.net

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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