

Carbapenemase Producing Organism

Information for Patients, Families, and Visitors

Why am I receiving this pamphlet?

One of your laboratory tests shows that you are carrying a type of antibiotic resistant bacteria known as Carbapenemase Producing Organism (CPO). This information sheet is provided to help you and your family understand CPO and how to prevent the spread to others.



What is CPO?

Carbapenemase Producing Organisms (CPO) are bacteria that can live in your gut. These bacteria do not normally cause infection in healthy people; however they can cause an infection if they spread to other parts of the body such as the lungs, bladder or bloodstream. CPO can cause serious infections in some people. People who develop an infection are usually already ill for other reasons. Infections caused by CPO are difficult to treat, therefore it is important to reduce the spread of these bacteria to others. CPO have been found both in the community and the hospital setting on persons and their surroundings. They are mainly spread by contact with unclean hands and environments that are not clean.

What does this mean for me?

If you test positive, but you do not have signs or symptoms of infection, this is called 'colonization' and treatment is not necessary. Most people who carry CPO never get sick from it. If you do get sick, knowing you carry this organism will help your healthcare providers make treatment decisions. If you have a CPO infection, you will be treated with antibiotics.



What can I do to prevent others from getting CPO?

- Washing your hands is the most important thing you can do to prevent the spread of CPO.
- You can wash your hands with an alcohol based hand rub or soap and water.
- We recommend you wash your hands:
 - After using the washroom
 - Before and after preparing food, eating or drinking
 - When your hands are visibly dirty

How to Prevent the Spread of Infection in Healthcare Facilities and Home



HOSPITAL

- You will be placed on Contact Precautions.
- Healthcare workers will wear a gown and gloves when providing your care.
- Family and visitors do hand hygiene and put on a gown and gloves before entering your room.
- Wash your hands when you are entering and exiting your room.
- Do not use the patient kitchen.
- We ask you to use your own toilet or commode (toilet on wheels) and clean your hands after use. Do not share them with other patients or visitors.
- Healthcare providers and visitors remove their gloves and gowns, and do hand hygiene before they leave your room.
- Follow your health care provider's instructions to wash your hands before walking around outside your room, and by asking where and when you may walk.



LONG-TERM CARE

- Your healthcare provider will clean their hands before and after providing your care.
- If you are colonized with CPO, you will be placed on enhanced barrier precautions.
- Your healthcare provider will wear a gown and gloves when providing certain types of close contact care.
- Family and visitors will wash their hand before entering and exiting your room.
- Family and visitors who participate in your care will wear a gown and gloves.
- You will be asked to clean your hands with soap and water or alcohol-based hand rub when you leave your room, before eating or preparing food, after using the bathroom, and before and after participating in group activities.
- If you have wounds, tubes, lines or drains, your healthcare provider will ensure a clean, dry bandage is covering these areas.
- You will be provided with access to a private toilet or commode (toilet on wheels). Do not share them with other residents, family or visitors.



OUTPATIENT CLINIC

- Notify your healthcare provider that you have CPO.
- Wash your hands when entering and exiting the facility.
- If you have, any open wounds or indwelling medical devices, follow the directions of your healthcare provider to keep these areas clean and covered with a dry bandage.
- Your healthcare provider may wear a gown and gloves when providing your care.



HOME

- Wash your hands often.
- People who live with you should wash their hands often.
- Do not share personal care items with others.
- Healthcare provider may wear gown and gloves when providing care.