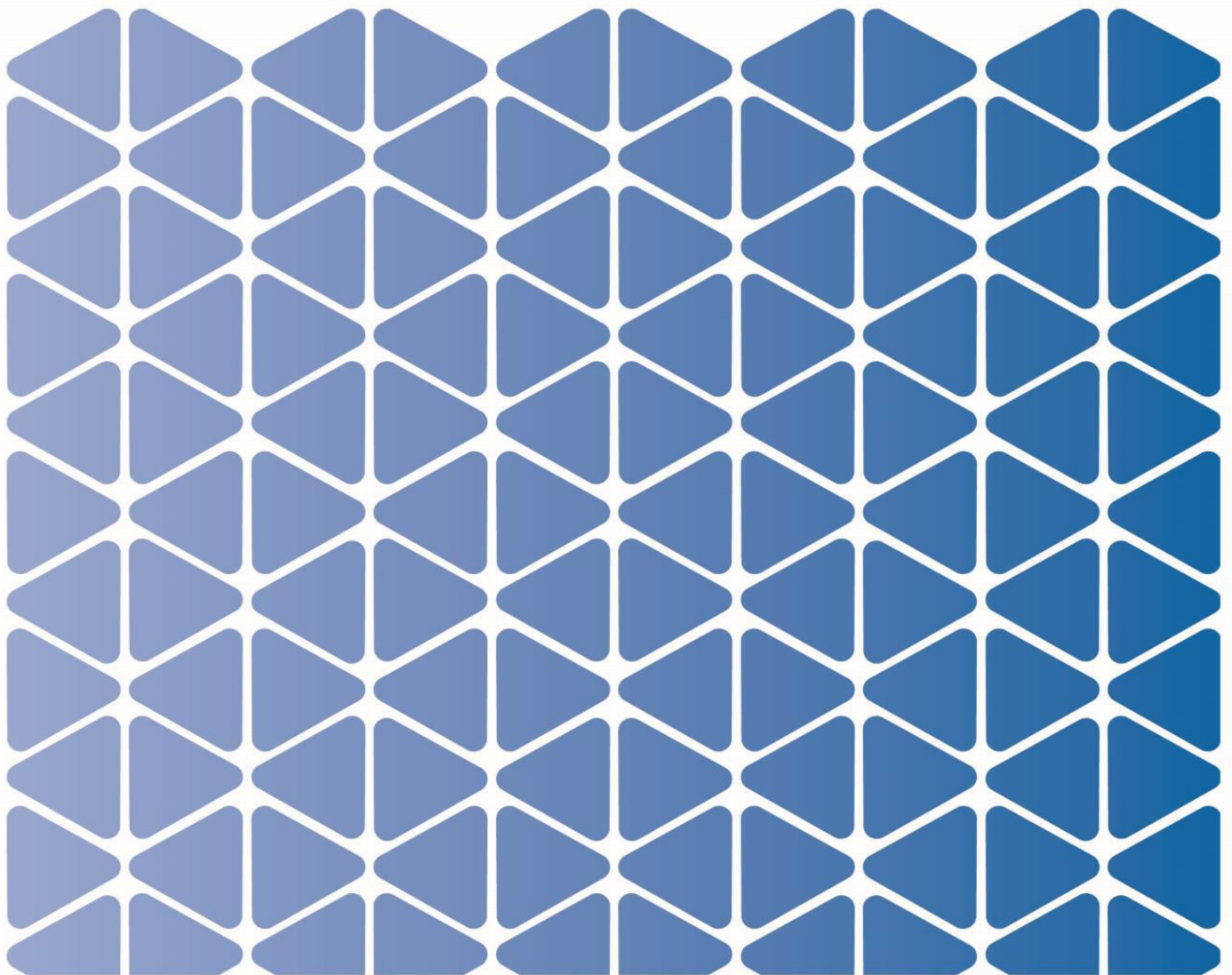


PATIENT INFORMATION

**EXTENDED SPECTRUM
BETA-LACTAMASE PRODUCING
ORGANISMS (ESBL)**



What is an ESBL?

- ESBL stands for Extended Spectrum Beta-Lactamase.
- A Beta-Lactamase is an enzyme produced by some bacteria resulting in resistance to certain antibiotics.
- This resistance can sometimes make an infection more difficult to treat.

How might ESBL affect me?

Infection from ESBL producing bacteria occurs mainly in urine, but may also affect wounds and blood. Sometimes these bacteria can be in your body already (usually your gut) but not make you unwell. This is called colonisation instead of infection, as you feel well with no signs or symptoms of infection.

How are ESBL'S spread

- On the hands of patients, relatives and health care workers, after contact with an infected patient or equipment, if hands are not washed properly.
- Via faecal contamination of hands and objects and then introduced into the mouth (faecal oral spread)

Can it spread to other people?

- People in hospital are more at risk of infection because their body's defence mechanisms are weakened by illness, surgery, drugs and procedures.
- You may be transferred to a single room to help prevent spread of infection.
- Hand washing after going to the toilet and before eating is the most effective way to prevent the spread of infection.
- Staff, visitors and patients should practice good hand hygiene at all times.
- Due to the different type of infections in hospitals, it is important that you do not visit patients in other parts of the ward or in other wards in the hospital.

How can ESBL be treated?

- Despite being resistant to many of the commonly used antibiotics, other antibiotic options are still available should treatment be required.
- If antibiotic treatment is necessary your doctors will discuss this with you.
- Patients do not have to stay in hospital until the ESBL producing bacteria are cleared. You will be sent home when your general condition allows, regardless of whether you are still positive for ESBL or not.

How will this affect my visitors?

Visitors will be requested to wash their hands or use hand gel on entering and leaving the ward and before helping you to eat and drink.

- Please do not allow visitors to sit or lie on your bed.
- Ask your visitors to take your dirty washing home as soon as possible to be washed in the usual way.

How will I know when ESBL - producing bacteria are no longer a problem?

- Depending on the site of infection you may need to have a negative result.
- For example:
If you have an infection from ESBL - producing bacteria in your urine, you will be asked for a sample of urine.

What happens when I go home?

- You may be discharged from hospital before your infection is cleared.
- The infection will not affect your family, friends when you are at home.
- Usual personal hygiene and household cleaning is sufficient. Restriction of activities or visitors is not necessary.

How can I obtain more information?

- Talk to the nursing staff on the ward or department.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.