

Extended Spectrum Beta-Lactamase producing organisms (ESBL)

Infection Prevention

What is an ESBL?

ESBL stands for Extended Spectrum Beta-Lactamase. A Beta-Lactamase is an enzyme (a chemical that breaks things down) which is produced by certain bacteria, which then results in making it resistant to a range of antibiotics. This ESBL producing bacteria resistance to certain antibiotics make it much more difficult to treat infection when it occurs.

How might ESBL affect me?

These ESBL producing bacteria can normally be found in the bowel and live there harmlessly, this is called colonisation. However sometimes the bacteria can get into your urine, open wounds or your blood and this can cause an infection. The signs of infection from ESBL may include a high temperature, shivers and you may experience pain when passing urine.

How does ESBL spread?

- From people already carrying ESBL when hands are not washed properly
- From contaminated healthcare equipment
- From contaminated healthcare environments.

How can the spread of ESBL be prevented?

People, invariably when in hospital, are at more risk of infection due to their defence mechanisms being weakened by illness, surgery, procedures or medication. If you develop an ESBL infection whilst in hospital the following precautions will be provided:

- You may be cared for in a single room with its own toilet facilities
- Healthcare staff will adhere to strict hand hygiene when caring for you
- Healthcare staff will wear disposable gloves and aprons when performing care for you
- You will be encouraged to wash your hands before and after going to the toilet and eating
- You will be encouraged not to touch any open wounds or medical devices you may have such as a urinary catheter or an intravenous drip
- Enhanced cleaning of the hospital environment and equipment.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Can ESBL be treated?

As mentioned before ESBL producing bacteria can live harmlessly in the bowel and if so, no treatment would be required. If you have an ESBL infection the medical team will look to treat it with specialised antibiotics that are not resistant to it. Your doctor may also consult the specialist microbiology team for you if necessary.

Can I have visitors?

Visiting is allowed. Visitors must adhere to strict hand hygiene and either wash or gel their hands before and after visiting you. They do not need to wear gloves or aprons unless they are assisting in your care. Visitors must prohibit from sitting on your bed and instead use the chairs provided. If possible, ask your visitors to take your soiled clothing with them so they can be washed at home in the usual way.

Will I be allowed to go home?

Having an ESBL will not prevent you going home. Any infection you may have had will invariably be treated during your hospital stay, if not then please complete your treatment in full at home. Once the medical team deem that you are medically fit, you will be discharged home. When at home no special measures are required by you or your household. It is, however, important to continue with good hand hygiene especially before and after going to the toilet and eating. If you require any further healthcare interaction, then please inform the healthcare professionals looking after you may be or have had an ESBL. This is so they can provide the appropriate care for you and within any future healthcare setting.

Where can I find more information?

If you have any more questions concerning ESBL then please consult with the healthcare professionals looking after you. They may also contact the specialist infection prevention team for you.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。