

Carbapenemase-producing carbapenem-resistant Enterobacterales (CP-CRE)

What is CP-CRE?

Infections caused by CP-CRE are highly resistant to many antibiotics, which makes them very hard to treat.

Enterobacterales [en-tuh-roh-bak-tuh-RAY-lees] are bacteria usually found in human intestines and help digestion. Sometimes, these germs can spread outside the gut and cause infection in wounds, the urinary tract, the bloodstream and the lungs.

Carbapenems [kARB-eh-PEHN-ems] are a group of antibiotics used to treat serious infections. Some bacteria make carbapenemase [kar-buh-PEE-nuh-mays]—enzymes that break down carbapenem antibiotics and cause them to not work.

How is CP-CRE Spread?

Patients and healthcare workers in hospitals, long-term care facilities, like nursing homes, and other healthcare facilities can pass CP-CRE to others through:

- Direct person-to-person contact via the hands.
- Touching a surface contaminated with CRAB, like doorknobs, bedrails, bedding, light switches, toilets, bedpans and bathroom fixtures.
- Using contaminated shared medical equipment, such as thermometers, stethoscopes, blood pressure cuffs and IV poles.

Who is Most Likely to Get CP-CRE?

Healthy people usually do not get CP-CRE infections. Those most at risk are people with more extended hospital stays or in long-term care facilities and:

- Are critically ill or have weakened immune systems.
- Have open wounds.

- Whose care requires devices like breathing tubes, feeding tubes, IVs or urinary catheters.
- Have taken certain types of antibiotics for a long period.

Anyone who received inpatient (overnight) medical care or underwent an invasive medical procedure outside the U.S. is also at higher risk of getting *CP-CRE*.

How is CP-CRE Treated?

Germs that cause CP-CRE infections are resistant to commonly prescribed antibiotics, making them hard to treat. A person with a CP-CRE infection-causing illness will need to be tested to determine which antibiotics will deliver the best results.

Many people with CP-CRE will have the germ in or on their bodies with no symptoms or disease. This is called colonization. People who are colonized do not need antibiotics for CP-CRE.

While in a Healthcare Facility

Your care team will take special precautions to prevent the bacteria from spreading to other patients. For example:

- You will be placed in a private room. If a private room isn't available, you may share a room with someone who has a similar condition.
- Your caregivers will wear gloves and a protective gown when in your room.
- Visitors will be asked to wash their hands before entering and after leaving your room. They should be careful to not touch anything you touch, your bandages or medical equipment.

It's important for you to take prescribed medications as instructed and finish the entire course, even if you feel better before you run out.

When It's Time for You to Leave the Healthcare Facility

- You may leave when your doctor says you are ready, even if you have CP-CRE.
- If you are going to another hospital or care facility, a care team member will inform them of your positive CP-CRE result so steps can be taken to prevent the spread to other patients.

After Going Home

- Your clothes, bed linens and dishes may be washed as usual.
- Continue to follow instructions from your healthcare provider.
- Do not allow pets to touch or lick any open wounds or incisions you may have.
- In the future, if you seek care at a hospital, nursing home, wound clinic or dialysis clinic, notify the staff of your CP-CRE history.

Stop CP-CRE from Spreading

Keep Your Hands Clean

Regular hand hygiene is one of the best ways to protect yourself and others from getting sick. You can use soap and water or alcohol-based hand sanitizer if your hands are not visibly soiled

Always wash your hands:

- ▶ Before preparing or eating food.
- ▶ After using the bathroom.
- ▶ After coughing, sneezing or blowing your nose.
- ▶ After contact with wound drainage or other bodily fluids.
- ▶ After changing your bandages.

Caregivers should clean their hands with soap and water or alcohol-based hand sanitizer before and after touching someone with CP-CRE or equipment in their room. Wearing medical gloves is not a substitute for practicing proper hand hygiene.



For more information, visit
hhs.iowa.gov/hai-prevention



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