

Clinical Guidelines: *Clostridioides Difficile*

1 The CDC: *Clostridioides Difficile* (*C. diff.*) is a Problem¹

- *C. diff.* (also known as *Clostridioides difficile* or *C. difficile*) is a germ (bacterium) that causes diarrhea and colitis (an inflammation of the colon).
- It's estimated to cause **almost half a million infections** in the United States each year.
- About **1 in 6 patients** who get *C. diff.* will get it again in the subsequent 2-8 weeks.
- **One in 11 people over age 65** diagnosed with a healthcare-associated *C. diff.* infection die within one month.

¹ <https://www.cdc.gov/cdiff/clinicians/faq.html>

2 What We Know: *Clostridioides Difficile* (*C. diff.*)¹

- *C. diff.* spores can be shed to the environment by both asymptomatic and symptomatic patients and may survive for up to five months on inanimate surfaces. They resist the bactericidal effects of most hospital disinfectants and most other decontamination techniques.
- *C. diff.* is shed in feces. Any surface, device, or material (such as commodes, bathtubs, and electronic rectal thermometers) that becomes contaminated with feces could serve as a reservoir for the *C. diff.* spores.
- *C. diff.* spores can also be transferred to patients via the hands of healthcare personnel who have touched a contaminated surface or item.
- Healthcare personnel can become infected with *C. diff.* through contact of spores.

¹ <https://www.cdc.gov/cdiff/clinicians/faq.html>

3 Four Systems Supported by Theraworx Protect

Protect:

pH Acidic System: Supports the skin's natural antimicrobial barrier and defensive functions.

Surfactant Systems:

Lowers the surface tension on the skin making it increasingly difficult for pathogenic adherence & disruptive to biofilm.

Preservative Systems:

Effective ingredients, safe for use on mucosa and the perineum.

Barrier System:

Utilizing skin barrier ingredients to support the skin's first line of defense.



Theraworx Protect

Application System
(8 towels per pouch)
Order# **HX-8808**

Theraworx Protect

Application System
Fragrance Free
(8 towels per pouch)
Order# **HX-8808FF**

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Clostridioides Difficile

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Using Theraworx Protect:

1. Theraworx Protect should be applied every 6-12 hours to help maintain low acidic pH.
2. Theraworx Protect should be used on the entire body to support optimal pH and skin defense.
3. Always follow facility bathing, peri, cath care and infection prevention policies and procedures, including hand hygiene and PPE utilization.
4. Use a single clean wipe around central line insertion site(s).
5. Always repeat application of Theraworx Protect after cleaning of any stool or urine byproducts. This includes up the middle back area, and area that biker shorts would cover. Repeat cleaning of the hands, wrists, and arms. If feet or lower legs have come in contact with possible fecal or urine byproducts, reapply as well.

High Focus Areas of Application For Theraworx Protect:



1. Face and hands are key areas for prevention and transmission of C.Diff. The face is the point of entry; hands typically are the point of transmission. With eyes closed, wipe the entire face and neck.
2. When wiping the upper body, completely wipe all areas of the upper torso.
3. All skin folds should be lifted and wiped, including under breasts, abdominal and back folds. If individuals have skin folds behind the knees and on the thighs, be sure to wipe in folds and behind the knees.
4. Special focus upon the perineum needs to be taken with a clean unused wipe.
5. Follow policy and procedure for peri and cath care but expand area to what biker shorts would cover when wiping.
6. Wipe the patient's hands, wrists, and arms lastly with a clean unused wipe. Be sure to include nailbeds.

