

Infection Control for Patients with Cystic Fibrosis in the Hospital

One challenge for patients with cystic fibrosis (CF) is that germs can be spread between patients. The Cystic Fibrosis Foundation has guidelines to help limit the spread of infection. For patient safety, we must follow these guidelines.

All patients with CF are treated the same in the hospital or at outpatient/clinic visits. All CF patients are managed in Contact Precautions. Some patients with certain bacteria, will have more rules to follow. The bacteria include:

- Methicillin-Resistant *Staphylococcus aureus* (MRSA)
- *Burkholderia Species*
- Multi-drug resistant *Pseudomonas Aeruginosa*

When You Arrive at the Hospital

All patients with CF will have a breathing culture done. Patients are placed in Contact and Droplet Precautions until results are known. We do this in case the patient has new bacteria in their culture that could be spread to others. While in contact and droplet precaution, the rules listed below will be followed:

- All healthcare workers who enter the patient's room will wear a gown, gloves, and mask.
- Patients may leave their rooms only for medical tests (such as x-rays).
- Upon leaving the room, patients will wash their hands well. They will need to wear a clean hospital robe and mask.

If the final culture results do not contain MRSA, healthcare workers and visitors no longer need to wear the face mask. They will still need to wear gowns and gloves while the patient is in clinic or the hospital.

Outside the Patient Room

All patients with CF need to wear masks when they are outside of their rooms. This is for their own safety.

Classroom and Child Life Rooms

Patients with CF should not have contact with each other in the hospital unless they are related. This applies to the patient units and in common places. These areas include the cafeteria, school, playroom and family lounge.

- Only one child with CF can be in the classroom or child life room at one time.
- School teachers and child life staff will clean the desk after the child with CF leaves the room.
- School teachers and child life staff will create a fair system to allow equal sharing of the classroom and child life room.

Hospital Rooms

Patients with CF should not visit with each other in the hospital. This includes the patient's room and common places. These areas include the cafeteria, playroom, and school.

Guidelines for MRSA, *Burkholderia species*, and multi-drug resistant *P. aeruginosa*

- Patients may leave their rooms for medical needs. They must be supervised by staff.
- Healthcare workers will practice contact and droplet precautions when coming into the room.
- Upon leaving their room, patients will wash their hands well. They will also need to wear a clean hospital robe and a mask.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6413