

# INFECTION CONTROL RECOMMENDATIONS FOR PATIENTS WITH CYSTIC FIBROSIS

## OUTPATIENT RECOMMENDATIONS

**Purpose:** To provide an environment that minimizes the risk of patient-to-patient transmission of infectious agents.

**Overview:** Standard Precautions should be observed with ALL patients encountered in the outpatient setting. Transmission based precautions may also be required in some settings involving patients with cystic fibrosis. CF pathogens are transmitted by the droplet and contact routes. Contact plus standard precautions are recommended for all CF patients infected with methicillin-resistant *Staphylococcus aureus* (MRSA), *Burkholderia cepacia* complex, multidrug-resistant *Pseudomonas aeruginosa*, respiratory syncytial virus (RSV), parainfluenza or vancomycin resistant enterococcus (VRE)... No recommendation can be made for the routine wearing of masks by CF patients when leaving an inpatient room or when in the waiting room of a CF clinic. p7 “Contact between CF patients should be limited to avoid transmission of these potential pathogens either by droplet or direct or indirect contact routes, even if culture results are unavailable or negative for CF pathogens.”p 12

**General:** Assume all CF patients could have transmissible pathogens and apply Standard Precautions. Administer Contact and Droplet precautions for patients with *B. cepacia* complex, multiple drug resistant *P. aeruginosa* and MRSA. Avoid activities & risk factors associated with transmission of pathogens.

### PreClinic:

1. Patient’s most recent respiratory culture results should be readily available.
2. Minimize time in common waiting rooms
3. Instruct patients in proper hand hygiene in common areas.
4. Make waterless antiseptic readily available
5. Patients should cough into a tissue and discard into a covered receptacle.
6. Employ hand hygiene after coughing.
7. NO physical contact between patients with CF
8. Maintain a minimum distance of 4 feet between patients.
9. No recommendation for wearing masks.

### PFT lab:

1. Patients should observe hand hygiene upon entering and leaving the PFT lab.
2. Patients should cough into a tissue, discard, and then clean hands afterward.
3. Contact surfaces should be wiped with disinfectant cloth between patients.
4. Filters should be changed between patients in the PFT lab.

### Exam Room:

1. All contact surfaces should be wiped thoroughly with disinfectant cloth between patients.
2. Patients should observe hand hygiene (waterless cleaner or soap & water) upon entering and leaving the exam room.
3. Patients should cough into a tissue, discard, and then clean hands afterward.
4. Contact precautions should be observed when caring for a patient who is coughing and infected with *B. cepacia*, MRSA or MDR *P. auregenosa*.
5. Patients with *B. cepacia*
  - a. Segregate from other patients with CF.
  - b. Place in exam room immediately

- c. Preferably see on another day or at end of day.
6. Patients with MDR *P. aeruginosa* and other MDR organisms
  - a. Place in exam room immediately
  - b. Observe contact precautions if the patient is coughing

**Check out:**

1. Patients should use hand disinfectant before leaving exam room.
2. If possible, patients should not sit at the check out desk.
3. Patients should cough into a tissue, discard, and then clean hands afterward.
4. If the check-out chair is used, it should be disinfected before the next patient.
5. Maintain a minimum of 4 feet between patients with CF in the check-out area.

**Other:** Notify other patient care areas of patients' transmission precautions, particularly if they harbor organisms that are a threat to non-CF patients. E.g. MRSA or VRE.

**DEFINITIONS:**

*“Standard Precautions* consider all blood, body fluids, secretions including respiratory tract secretions, non-intact skin, mucous membranes and excretions (except sweat) to potentially contain infectious agents. These precautions extend to the handling of equipment or items in the patients' environment likely to have been contaminated with infectious secretions or fluids.”p11

*“Transmission Based Precautions* are applied to patients with documented or suspected infection with highly transmissible or epidemiologically important infectious agents for which precautions in addition to standard precautions are required to prevent transmission... For CF patients, the use of contact precautions is particularly important for preventing transmission of MDROs.’ P12

**Source:**

Recommendations are adapted from the Cystic Fibrosis Foundation Consensus Conference on Infection Control Practices. The report of this conference is published in the American Journal of Infection Control (AJIC): Saiman et. al. Infectious control recommendations for patients with cystic fibrosis: Microbiology, important pathogens and infection control practices to prevent patient-to-patient transmission. 2003; 31:Supplement.