

My name is *E.coli*



Who am I ?

I am *Escherichia Coli* (Known as *E. coli* to my friends). I am a bacteria found in the intestines of most people and animals.

Mode of spread

It is possible for people to infect themselves with *E. coli*, especially if they have direct access to invasive devices such as a urinary catheter and peripheral venous cannulae, wounds, if they are immunosuppressed and if hygiene is not performed adequately.

Urine infections are the most common source of *E. coli* infection in the blood, therefore, good hydration, urinary catheter management (for those with catheters) and appropriate antibiotic therapy is vital.

Habitat

I normally live in the intestines of people and animals. I do not usually cause any problems whilst I am living in your gut, but if I get into wounds, catheter sites etc. infection can occur.

if you do the following you can prevent my spread

- Comply with the 5 moments of hand hygiene
- Ensure staff use aprons and gloves appropriately and implement standard precautions (hand hygiene, cleaning etc.)
- Review the need for invasive devices such as urinary catheters – can it come out?
- Timely diagnosis of infections and appropriate prescribing.
- Prescribing based on the identified organism and antibiotic sensitivities
- As a patient you should also be encouraged to conduct effective hand hygiene:
 - after toileting
 - before preparing and eating food
 - before handling invasive devices such as cannulae and urinary catheters

I particularly like to meet people with these risk factors

- Urinary catheterisation
- Dehydration
- Older age
- Prostate problems (enlargement, TURP etc.)
- Gall bladder or kidney stones
- Long term conditions
- Open wounds or ulcers
- Recent hospital admission or surgical procedures
- IV lines

