



How will this affect my visitors?

Visitors will be asked to wash their hands or use the foaming sanitiser on entering and leaving your room and ward area.

Visitors must not sit or lie on your bed.

Ask your visitors to take your dirty washing home as soon as possible; this can be washed in the usual way.

What happens when I go home?

You will be sent home when your general condition allows, regardless of whether you are still positive for ESBL or not.

The infection will not affect your family, friends or your sex life when you are at home.

Usually personal hygiene and household cleaning is sufficient.

Restriction of activities or visitors is not necessary.

Useful websites

www.nhs.uk

www.northamptongeneral.nhs.uk

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the Stop Smoking helpline on 0845 6013116, the free national helpline on 0300 123 1044, e-mail: smokefree@northants.nhs.uk and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. Alternatively, you may find it more convenient to arrange to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 523442 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, e-mail: pals@ngh.nhs.uk

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Extended Spectrum Beta-Lactamase (ESBLs)



**Northampton
General Hospital**
NHS Trust

Extended Spectrum Beta-Lactamase (ESBLs)



Introduction

We hope the following information will be helpful to you. If you have any questions please speak to the nurse or doctor caring for you, alternatively contact the Infection Prevention and Control Team on extension 5785/4948 Monday to Friday 8.00am - 5.00pm or out of hours contact the on-call microbiologist via the hospital switchboard (01604) 634700.

What is an ESBL?

ESBL stands for Extended Spectrum Beta-Lactamase. A Beta-Lactamase is an enzyme, which is produced by a bacteria, this enzyme breaks down certain types of antibiotics.

ESBL producing bacteria are resistant to some of the antibiotics used to treat infection. This resistance makes the infection more difficult to treat.

How can ESBL be treated?

Despite being resistant to many antibiotics, treatment options are still available.

If antibiotic therapy is necessary the doctors will discuss this with you.

How might ESBL affect me?

Infection from ESBL producing bacteria occurs mainly in urine, but may also infect wounds and blood.

Sometimes these bacteria can be in your body (usually the gut) but not make you feel unwell or have symptoms of infection. This is called colonisation, instead of infection.

How are ESBLs spread?

- They can be spread from person to person directly or indirectly.
- Via faecal contamination of hands and objects and then introduced into the mouth, this is called faecal oral spread.
- On the hands of patients, visitors and health care workers after contact with an infected patient or equipment if hands are not washed properly.

Can I spread it to other people?

Some people in hospital are at risk of infection because illness, surgery, drugs and treatment weaken their body's defence mechanisms.

Following a risk assessment you may be moved into a single room to help prevent the spread of ESBL to others.

Prevention of infection rests mainly on encouraging good hand washing practices amongst staff, patients and visitors.

Whilst you are being treated it is important that you do not visit other patients in other parts of the ward or in other wards in the hospital.

What can I do to help?

Remember to wash your hands after using the toilet and before eating.

Please do not touch any open wounds, intravenous lines or other pieces of clinical equipment.

If you have been moved into a single room, do not leave the room unless advised by the staff caring for you.

Remind healthcare staff, visitors and other patients to wash their hands or use the foaming sanitiser before they touch you.