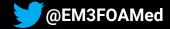


Lightning Learning: Clostridium Difficile



https://em3.org.uk





youtube.com/em3orguk



WHAT?

C. difficile can be found in a normal colon, however normal gut bacteria keep it in check so the person remains asymptomatic.

Antibiotic use can disrupt this balance, leading to the bacteria multiplying and producing a toxin.

Most common symptoms?

- Watery diarrhoea
- Abdominal pain
- Fever

Most common causative antibiotics?

- **Ampicillin**
- 2nd and 3rd generation cephalosporins
- Clindamycin
- Fluoroquinolones

WHY?

Outside of the body it becomes a resistant spore which survives for long periods unless surfaces are thoroughly cleaned. Be warned...

HIGHLY INFECTIOUS!

Causes inflammation of the colon (pseudomembranous colitis).

Diagnosis with stool samples immunoassay and PCR.

Management?

- Stop antibiotic and PPI
- Oral metronidazole, in mild to moderate cases unless contraindication (oral vancomycin is alternative)
- Oral Vancomycin in more
- Severe disease

Complications include ileus and toxic megacolon (see pic).

HOW?

Clostridium difficile: Summary

(BMJ Best Practice)

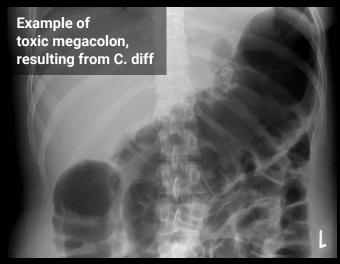
http://bit.ly/2Clx8rC

How you get C. difficile (NHS

Choices) http://bit.ly/2F0L9iJ

Clostridium difficile: guidance, data and analysis (GOV.UK)

http://bit.ly/2CsxHIR



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