

INFECTION CONTROL GUIDELINES FOR PEOPLE WITH CYSTIC FIBROSIS

In 2013, the CF Foundation published infection Prevention and Control Guidelines for cystic fibrosis to reduce the risk of people with CF spreading or getting germs in the care center or hospital setting. The goal of this updated policy is to limit the risk of cross-infection between people with CF and is endorsed by two leading medical organizations dedicated to infection prevention and control: the Society for Healthcare Epidemiology of America (SHEA) and the Association for Professionals in Infection Control and Epidemiology (APIC). These updated guidelines have been published in SHEA's peer-reviewed journal, *Infection Control and Hospital Epidemiology* and are available on the CF Foundation's website below.

A summary of a few of the specific recommendations that are a part of this document are listed below. As with all recommendations and guidelines, it is important to remember that we may not be able to prevent all infections, but we can reduce risk of transmitting infections between our patients in our hospital CF care center. Listed below are some of the CF Foundation's recommendations for caring for children with CF in a hospital or clinical care setting where they may be exposed to other patients with cystic fibrosis.

Recommendations:

- 1) Patients with CF must wear a mask in the waiting room and throughout the health facility EXCEPT in their own exam room (clinic or hospital room). Infants and toddlers may have a blanket placed gently over their face when they are outside of their room.
- 2) Staff in the clinic and hospital are to wear a gown and gloves when seeing the patient in their exam or hospital room. All patients with CF will be in **contact precautions**.
- 3) Patient exam rooms and stethoscopes, should be cleaned between patients.
- 4) Healthcare professionals should perform hand hygiene using either an anti-microbial soap with water or an alcohol based hand rub that is at least 60% alcohol. Hands should be cleaned after removing gloves, before and after patient contact, upon entering and leaving the room, after contact with respiratory secretions or objects potentially contaminated by respiratory secretions, and after contact with patient care equipment.
- 5) All people with CF, regardless of their respiratory culture results should be separated by at least 6 feet from other people with CF to reduce the risk of droplet transmission.
- 6) Parents should be encouraged to share information with their child's school about their child's cystic fibrosis. If more than one other child attends the same school setting, they should avoid common lunch room times, classrooms and recess times.

CF Foundation - Infection and Control Guideline for Cystic Fibrosis: 2013 Update

You may find the full Guidelines on the CF Foundation's website at

<http://www.jstor.org/stable/10.1086/676882>

For more information, specific to Children's Hospitals and Clinics of MN, see Policy Number 1215.00 [Cystic Fibrosis/Burkholderia Cepacia](#)