



Where can I get further information?

You can talk to your doctor or the nursing staff. If you wish to speak with the Infection Control Department ask your nurse to contact us.

References

Guideline – Infection prevention and control of Candida auris. <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/infection-prevention/management-advice/candida-auris-prevention-control>. September 2018.

Consumer information sheet for persons confirmed with Candida auris. <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/infection-prevention/management-advice/candida-auris-prevention-control>. September 2018.



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MR0024462 RHC CGU Patient Information - Candida Auris 6PP DL 0221

Candida auris

Patient Information



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What is Candida auris?

Candida auris is a type of fungus (also known as a yeast) that is resistant to drugs that are used to treat fungal infections. Therefore, an infection with Candida auris can be difficult to treat. Candida auris can spread easily from person to person in hospitals, residential care facilities, and nursing homes.

Where is Candida auris?

The bacteria are usually 'COLONISED' in patients and are often found on the skin or in the urine without causing any signs of infection or illness. However, if Candida auris has the opportunity to be transferred to wounds or the blood stream they can cause local infection, or even a systemic infection of the blood such as candidemia.

What is infection?

Many bacteria can live on or in the body without causing disease or illness. This is called 'Colonisation'. People can be colonised for very long periods of time, sometimes years, which is why when patient's return to hospital, special infection control contact precautions are taken. Colonisation with Candida auris does not usually require treatment.

Who is at risk from Candida auris infections?

When bacteria causes disease or illness this is called infection. When the infection is caused by Candida auris, your doctor will consider commencing treatment; if appropriate.

How can Candida auris be spread?

Candida auris infections can occur in people who are:

- Elderly – especially from nursing home settings
- Long term and recurrent hospital admissions
- Diabetic, immunosuppressed, and people with chronic diseases

How will my care change whilst in hospital?

- To prevent the spread of Candida auris to other patients in the hospital the nursing staff will care for you using infection control contact precautions until you are discharged.
- A sign is placed outside your door to alert hospital staff for the need to use protective infection control contact precautions. This sign also alerts visitors of the need to speak with nursing staff prior to entering your room.
- The hospital staff will wear protective clothing such as gloves and an apron or gown when they enter your room. These items are disposed of in a separate waste bin as the staff member leaves your room.

Effective hand hygiene practices

Hand Hygiene is the most effective way to prevent ALL infections, including the flu and the common cold. Encourage your family and friends to maintain good hand hygiene practices every day.

Hand Washing Alternative - Alcohol based hand rub / gel.

During your stay in hospital you may have seen the staff using an alcohol-based hand rub, as an alternative to soap and water. Alcohol-based hand rubs or gels can be used for hand hygiene as long as your hands are not visibly soiled / dirty.

Can I still have visitors?

Yes – you can still have visitors. In general, exposure to Candida auris does not cause infection in healthy people; this includes pregnant women, babies and children. Contact such as hugging and kissing is OK.

Encourage your visitors to perform hand hygiene before and after they enter your room. They can use both soap and water at the wall sink in your room, or the alcohol hand rub provided inside your room.

What happens when I go home?

- When you return home it is important for you, your family and your friends to continue the good hand hygiene practices that you have been taught in hospital.
- There are no special precautions required for the washing of clothes, linen, crockery and cutlery or for the cleaning of the bath, toilet and shower.
- It is important that you always tell your doctor, nurse, paramedic, or other health care
- provider that you have previously had Candida auris. This will help to prevent the future spread of Candida auris.