

Central Line-Associated Bloodstream Infections

Patient Education Script for Health Care Workers

How to use this script

Use this script to help provide education on **central line-associated bloodstream infections (CLABSIs)** to a patient or resident. Be sure to give the patient a copy of the fact sheet for patients and residents to help reinforce the information you provide to them verbally.

Step 1: Provide context

After a patient has been told they need a central line, explain there is risk of infection associated with the placement of a central line.

Suggested script

- [Patient name], since you [will be needing a central line/have a central line], I want to speak with you about how we can prevent any issues, like infections.
- There are certain infections, called central line-associated bloodstream infections, or CLABSIs, that can happen if you have a central line.
- These infections can be serious, but the good news is, there are steps we can take to prevent them.

Step 2: Introduce the fact sheet

Provide the patient or resident or a present family member with the printed fact sheet. Explain why you are providing it.

Suggested script

- I have this fact sheet I want to share with you. It has facts on CLABSIs with tips for staying healthy and preventing infections.
- I'd like to briefly read through it with you and make sure I address any questions or concerns you may have.

If the patient or resident agrees, you can begin to briefly skim through the fact sheet content with them.

Step 3: Explain how CLABSIs occur

Summarize the "What is a central line?" and "What are CLABSIs?" sections of the patient fact sheet. Provide supplemental information on the part the health care team plays to help prevent infection.

Suggested script

- Your central line [will be/was] placed by a person who was trained on how to properly and safely place them.
- They [will/did] clean their hands, and [will/did] wear gloves. They will make sure your body is clean and free of germs before putting the line in as well.

- CLABSIs happen when germs enter the bloodstream through the central line.
- Do you have any questions or concerns about the process?

Step 4: Explain prevention steps for the patient or resident

Next, explain ways the patient or resident can help lower their risk of infection. Let them know if they can bathe with their central line, and provide specific instructions if they can.

Suggested script

- There are things you can do to help lower your risk of developing an infection.
- First, you can always ask me or other health care staff if you still need your central line. The longer you have a central line, the more likely you are to get an infection.
- Another way you can help is by washing your hands or using hand sanitizer before touching any tubing, dressings, or nearby skin. You can also remind anyone, whether it be health care staff or a family member, to clean their hands too. Cleaning your hands helps remove germs that could potentially cause an infection.
- Be sure to tell us if dressings around your central line become wet, dirty, or fall off. We can help replace them. These dressings are important to protect you from germs entering through the opening where the line enters your body.

Step 4: Describe signs and symptoms

List signs and symptoms of CLABSIs and what to do if they appear.

Suggested script

- If you ever feel feverish or have redness or drainage coming from your central line, let us know. Those could be signs of infection.
- There are blood tests that can help determine whether you have an infection.
- If testing shows you do have an infection, we will treat with antibiotics or antifungals, and may possibly remove your central line.
- Your health care team will help determine the best way to treat your infection. [If applicable: You may need to stay in the hospital longer.]

Step 5: Wrap up and provide fact sheet

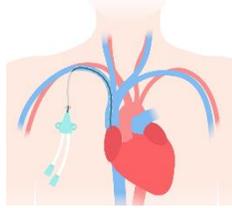
Provide the patient or resident or a present family member the opportunity to ask you any follow up questions. Provide them with the patient fact sheet.

Central Line-Associated Bloodstream Infections

Facts and Tips for Patients and Residents

What is a central line?

A central line is a catheter (tube) that health care providers place in a major vein close to the heart. The tube is used to give medication or fluids, or to collect blood for medical testing. They can be in place for weeks or more.



There are different types of central lines. There are pros and cons for each. You and your health care provider will determine the best type for you.

What are CLABSIs?

Central line-associated bloodstream infections (CLABSIs) are serious infections of the bloodstream in people who have a central line.

Causes

CLABSIs can happen when germs (usually bacteria or fungi) enter the bloodstream through the opening in your body needed for the central line.

Who is at risk?

People who have a central line placed, especially for long periods of time, are at risk for infection.



Signs and symptoms

Tell your health care team if you have:

- Fever and chills
- Red skin, soreness, or drainage around the central line
- Confusion
- Dizziness



How do I know if I have a CLABSI?

If you have symptoms, your health care team may test your blood or perform other tests to see if you have an infection.

Treatment

You will be given antibiotics or antifungals if you have an infection. The medication used to treat your infection depends on what type of germ is causing it.



Prevention

To help lower your risk of CLABSI if you have a central line:

- ✓ Clean your hands frequently with soap and water or with alcohol-based hand sanitizer. Ask visitors and care givers to do the same.
- ✓ Ask your health care team if you can shower with the central line and if there are any special steps you should take while bathing.
- ✓ Tell your health care team right away if any dressings covering your central line fall off, get wet, or become dirty. The dressings act like a barrier between the environment and the opening in your body to prevent germs from getting into your body.
- ✓ Ask your health care team about your options and the pros and cons of having a central line. Be sure to ask how long you may need a central line. The sooner it is removed, the less at risk you are for infection.
- ✗ Avoid touching the tubing, any dressings, and the skin nearby as much as possible.