C. difficile Infection **Patient Journey**

Testing

Negative Results

If symptoms persist, but

further investigationsreferral to other

it is not CDI:

healthcare

practitioner

stool testsblood testsendoscopy (rarely)

Positive Results

Physician provides diagnosis; often refers patient to a specialist (gastroenterologist, infectious disease specialist).

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Symptoms Appear

- diarrhea
- abdominal pain
- weight loss
- loss of appetite
- nausea/vomiting
- fatigue
- dehydration

What is C. difficile infection?

C. difficile infection, or CDI for short, occurs when the *Clostridioides difficile* bacterium grows out of control in the gut. It is the most common cause of infectious diarrhea in hospitals and long-term care facilities.

Risk factors include:

- recent antibiotic use
- older age (65+)
- hospitalization (e.g., surgery)
- contact in a healthcare facility
- long-term care setting
- severe underlying illness
- immunocompromised
- receiving chemotherapy
- prior *C. difficile* infection
- taking proton pump inhibitors (PPIs)

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Physician Visit

Some patients are already in hospital or a long-term care facility. Others will go to a family doctor, clinic, or specialist.

- review medical history
- review symptoms
- order tests

Visit **badgut.org** for more information on *C. difficile* infection.

Symptoms Persist

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Return to physician for a new treatment and/or further investigations.

Symptoms Return Return to physician.



Treatment

May include:

- cessation of certain medications
- antibiotics
- medications to control symptoms
- fecal microbiota transfer
- hygiene (wash hands, clean surfaces)
- nutrition and hydration

Monitor & Support

Support from both healthcare team and community.

- regular doctor visits
- lab tests as required
- support groups
- mental health care
- dietitian for nutrition support

Symptoms Resolve

Resume normal day-to-day life, but be cautious of chance of recurrence in the next few weeks.

Symptom-Free

Resume normal day-to-day life.