



## Preventing Central Line-Associated Bloodstream Infection (CLA-BSI)

### WHAT IS A CENTRAL LINE-ASSOCIATED BLOODSTREAM INFECTION (CLA-BSI)?

A central line-associated bloodstream infection, or “CLA-BSI,” occurs when a central venous catheter, or “central line,” becomes infected. This happens when bacteria grow in or around the line and spread to the patient’s bloodstream.

### WHAT ARE THE SYMPTOMS OF CLA-BSI?

If you notice any of the following, contact your health care provider:

- Redness, pain, or swelling at or near the catheter site
- Pain or tenderness along the path of the catheter
- Drainage from the skin around the catheter
- Sudden fever or chills

### WHAT SHOULD YOUR HEALTH CARE PROVIDER DO TO PREVENT CLA-BSI?

Your health care provider should take several steps to help prevent CLA-BSI. Please ensure that the following precautions are taken.

#### **Your health care provider should:**

- Practice proper hand washing techniques. Everyone who touches the central line must wash their hands with soap and water — or use an alcohol-based hand rub — prior to touching the line.
- Wear a mask, gloves, gown, and hair cover when placing the central line. During your procedure, you should be covered from head to toe with a sterile drape that has a small hole where the central line will be placed.
- Clean your skin with a special type of soap, called “chlorhexidine,” before placing the central line.
- Check the line frequently for infection.
- Immediately change your dressing (bandage) around the central line if it becomes damp, loose, or dirty.
- Scrub the hub (the end of the tube) with either alcohol or chlorhexidine, prior to putting anything into the end of your central line.

### WHAT SHOULD YOU DO TO PREVENT CLA-BSI?

#### **To help prevent CLA-BSI, you should take the following precautions:**

- Wash your hands often, especially after using the bathroom, coughing, sneezing, visiting someone who is sick, or touching food.
- Try not to touch your central line, or the dressing around the central line, unless instructed to do so.
- Avoid getting the dressing wet or dirty.
- If you have any concerns or questions, do not hesitate to ask your health care provider.

### HOW IS CLA-BSI TREATED?

#### **If your central line becomes infected, your health care provider will discuss treatment options, including:**

- Antibiotics to fight the infections
- Catheter replacement, depending on your therapy
- Catheter removal

**If you have any questions,** please ask your doctor or nurse. You also may contact DHR Health’s Department of Infection Prevention and Control at (956) 362-7850.