

**Immediate Release**

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## **Christiana Care Study finds *C. diff* Patients Open to Unorthodox Treatment Options**

### *Patients with Recurring *C. diff* Overcome “Yuck” Factor*

(WILMINGTON, Del. – May 29) Patients with a common infection are open to an emerging and unconventional therapy that they previously would eschew, according to researchers at [Christiana Care Health System](#).

Some patients with *Clostridium difficile* (*C. diff*) – a bacterium that causes diarrhea and disease after the normal healthy flora has been destroyed by antibiotics or chemotherapy – were willing to try stool transplant therapy once their infection relapsed, according to researchers with Christiana Care’s Department of Medicine.

The study will be highlighted Sunday, May 31<sup>st</sup> during the 115th General Meeting of the American Society for Microbiology in New Orleans, La.

In stool therapy transplantation, the bacterial community from a healthy donor is administered to a patient in need. The transplantation involves the transferal of stool from a healthy donor and the infusion of that stool -- and all the healthy bacteria it contains -- into the microbial environment of the patient with *C. diff*. This type of intervention has shown to be successful in treating *C. diff* infections in multiple studies.

“This study shows the value of partnering with patients to help them understand effective and innovative therapies that can help them survive *C. diff* and avoid relapses of this infection,” said Alfred E. Bacon III, M.D., FACP, medical director of clinical trials for Christiana Care’s Department of Medicine Infectious Disease Section.

*C. diff* causes 500,000 infections and 29,000 deaths each year, according to the U.S. Centers for Disease Control and Prevention.

The study involved 148 patients who had been followed for at least six months. Of the 82 patients with *C. diff* who were asked about stool transplant therapy, nearly one-third of the patients had overcome the “yuck” factor” and were open to trying it.

Christiana Care carries out multiple initiatives to protect patients from *C. diff*, including robust hand hygiene programs for employees, educational programs on *C. diff* for patients and staff and rapid diagnosis testing for *C. diff*. Christiana Care also features an Antibiotic Stewardship

Program that works to ensure that patients are prescribed safe doses of medications so they are not at risk for C. diff, given that the risk of this infection increases for patients with diseases that require prolonged use of antibiotics.

For more information on Christiana Care's C. diff preventative efforts, check out our ["Preventing C. diff through Training, Technology and Innovation"](#) video.

### **About Christiana Care Health System**

Christiana Care Health System is one of the country's largest health care systems, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. The health system includes The Christiana Care Medical Group, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care also features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers the highest level of non-surgical care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds.

For more information about Christiana Care, visit [www.christianacare.org/howeare](http://www.christianacare.org/howeare).

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