Travancore Medical College Hospital
A Unit of Quilon Medical Trust

OCTOBER 2025
HIPC NEWSLETTER

In This Issue

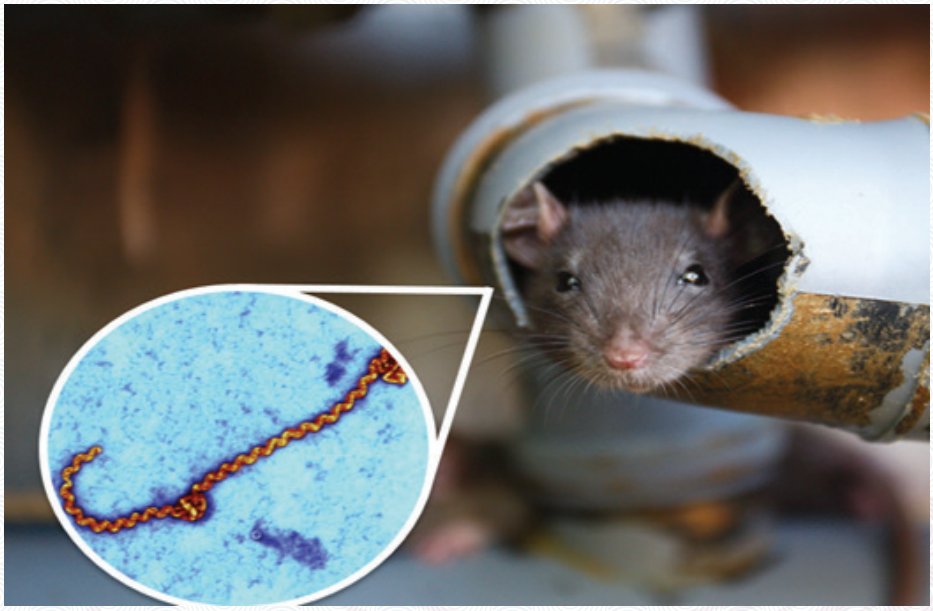
Important Dates

| World Hand Hygiene Day- May 5th
| Global Handwashing day –October 15th
| AMR Awareness Week-18-24 November
| International Infection Prevention Week –Every 3rd Week Of October

Guideline Updates Quick Links

·https://www.google.com/search?sca_esv=1e4238bc8dc008dd&udm=2&fbs=AIIjpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4KIeoJTKjrFjVxydQWqI2NcOhYPURIv2wPgv_w_sE_0Sc6QLvDm7a9ZTpW1I1zYSRrvqiq4OF5bD07JhZyLXCONIUJK10jZg7BLnm3pQUOvTh1jlZWkfBkANh6QN273tzi4UGMGSLYHiZcLFg9JtQRAT5aIH-MlAiDyfZSGCww_A2Xi7wMEkg&q=leptospirosis+in+english+new+updated+cdc+guidelines

LEPTOSPIROSIS

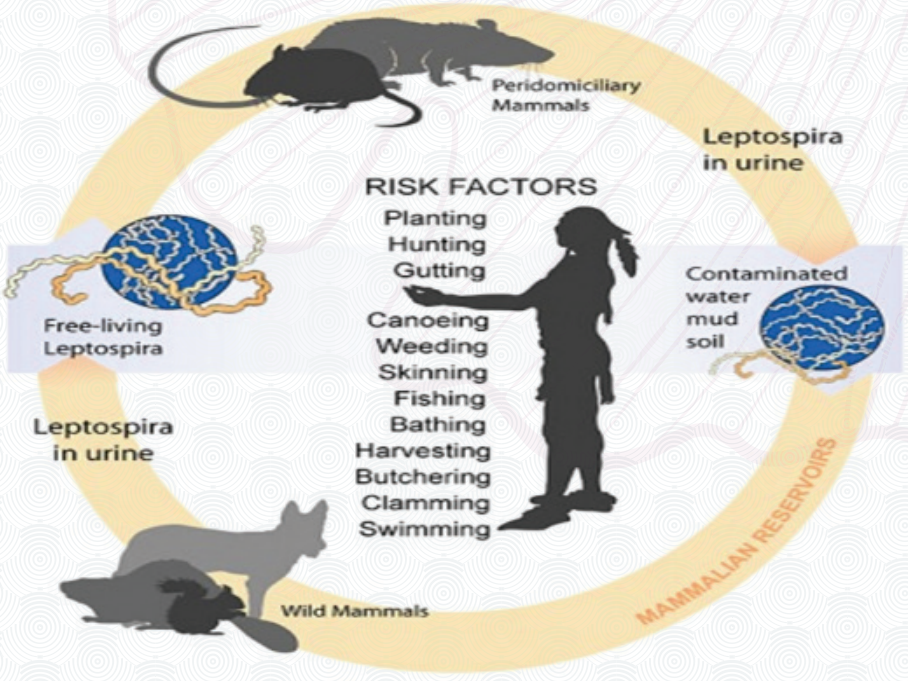


Leptospirosis is a bacterial disease transmitted by contaminated water,soil or animal urine. New updates from the CDC in April 2025 emphasize prevention through avoiding contact with contaminated water, wearing protective gear, and early treatment with antibiotics for suspected cases.

SOURCE OF INFECTION

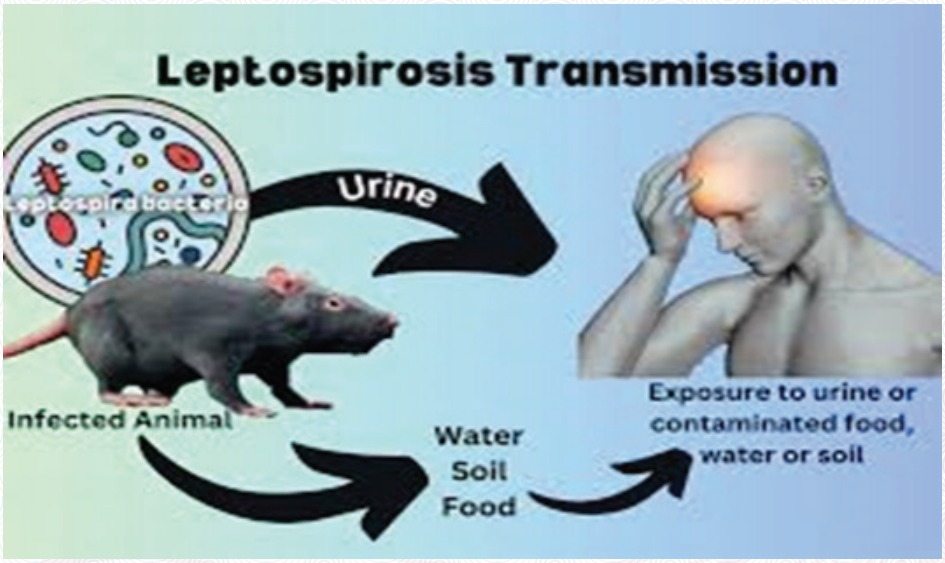
A bacterial illness caused by Leptospira bacteria found in the urine of infected animals like rodents, livestock, and pets.

RISK FACTORS



&sa=X&ved=2ahUKEwi37YzG8JOQAxXKyTgGHa_BEqgQtKgLegQIFxAB&biw=1366&bih=647#vhid=fGTu2hmgMmW4eM&vssid=mosaic
·https://www.cdc.gov/leptospirosis/pdf/fs-leptospirosis-clinicians-eng-508.pdf
·https://www.cdc.gov/leptospirosis/hcp/clinical-overview/index.html

TRANSMISSION



- Leptospires are spread by the urine of infected animals (rodents, dogs, livestock, pigs, horses, wildlife).
- The bacteria can survive for weeks to months in urine-contaminated water and soil.
- People can be infected through » Direct contact with the urine or reproductive fluids from infected animals » Contact with urine-contaminated water (floodwater, rivers, streams, sewage) and wet soil » Ingestion of food or water contaminated by urine or urine-contaminated water
- Transmission occurs through mucous membranes, conjunctiva, and skin cuts or abrasions.
- Human-to-human transmission is very rare but has been documented through sexual intercourse and breastfeeding. Transmission has also rarely occurred through animal bites.
- High-risk activities can include wading, swimming, or boating in floodwater or freshwater (rivers, streams, lakes) that may be contaminated with animal urine. Some actions like prolonged immersion in, submerging head in, or swallowing contaminated water can particularly increase risk.
- Other high risk activities can include direct contact with animals and activities that can lead to skin abrasions and water or soil exposure, such as clearing, brush, trekking, and gardening.

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PATHOGENESIS

- Entry through skin abrasions or mucous membranes > blood stream>dissemination to liver, kidney, meninges.
- **Two phases**

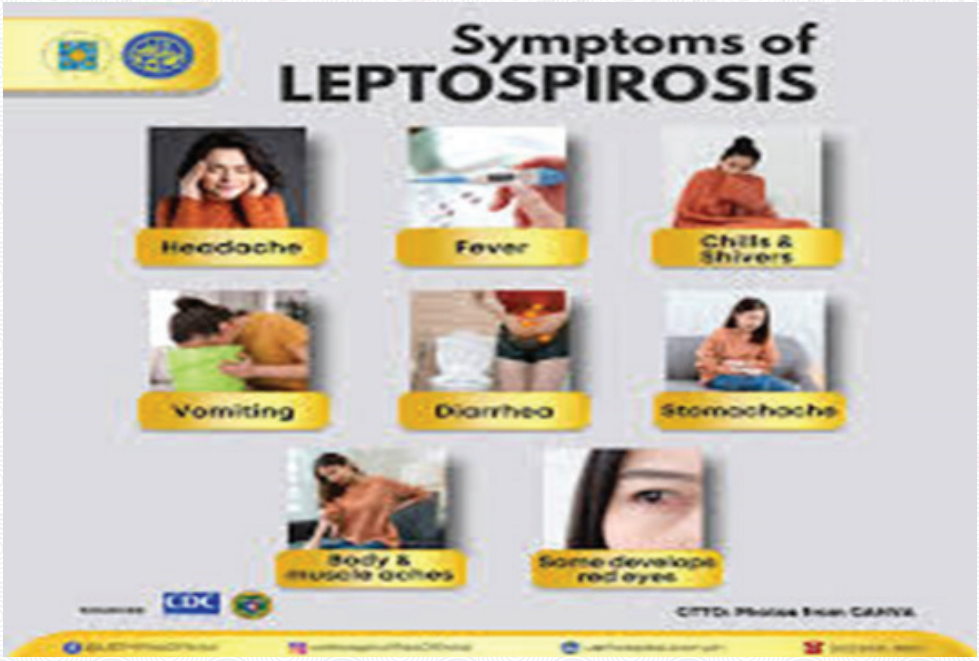
1. Leptospiremic phase : fever,myalgia,conjunctival suffusion.
2. Immune (leptospiruric)phase

SYMPTOMS

- Symptoms are non-specific and can vary widely.

Symptoms can include fever, headache, myalgia (typically of the calves and lower back), conjunctival suffusion, nausea, vomiting, diarrhea, abdominal pain, cough, and sometimes a skin rash.

- Severe symptoms can include jaundice, renal failure, hemorrhage (especially pulmonary), aseptic meningitis, cardiac arrhythmias, pulmonary insufficiency, and hemodynamic collapse. Combined renal and liver failure associated with leptospirosis is referred to as Weil's disease.
- Leptospirosis during pregnancy can cause fetal complications including fetal death or abortion.
- The case fatality rate for leptospirosis is approximately 5%–15% among patients with severe illness. Among patients with severe pulmonary hemorrhagic syndrome, the case fatality rate can exceed 50%.



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DIAGNOSTICS AND TREATMENT

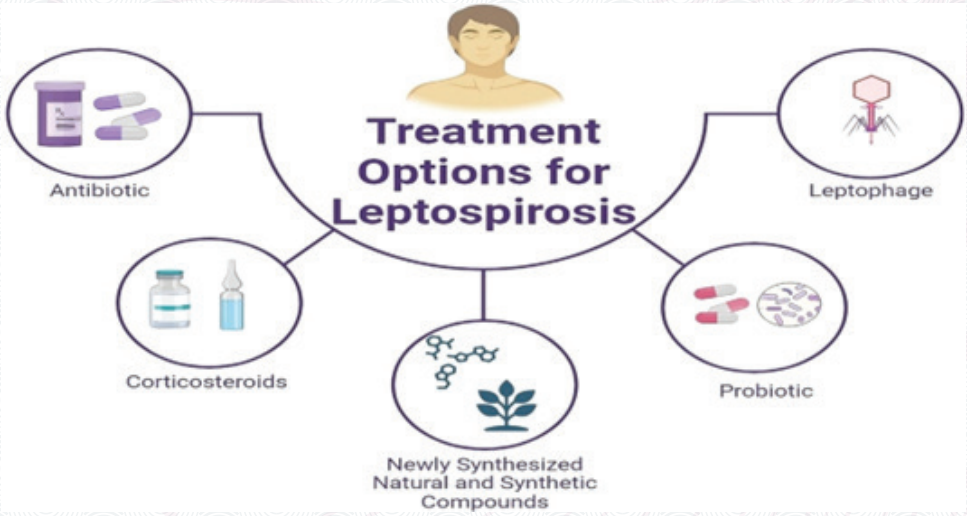
Diagnosis

Supportive Diagnostic Tests

- IgM-based commercial assays, such as » ELISA IgM » ImmunoDOT » Lateral flow tests • IgM assays are screening tests and results should be confirmed using one of the confirmatory methods below. Confirmatory Diagnostic Tests

1. Microscopic agglutination test (MAT) — confirmatory serologic testing, available at CDC » Acute and convalescent serum samples collected 7–14 days apart is ideal. » If only one serum sample can be sent for testing, a sample collected after the first 7–10 days of illness is preferred.
2. Polymerase chain reaction (PCR)

TREATMENT



Early treatment may decrease the severity and duration of disease. In patients with a high clinical suspicion of leptospirosis, initiating antibiotic treatment as soon as possible without waiting for laboratory results is recommended.

- For patients with mild symptoms, doxycycline is the drug of choice (100 mg orally, twice daily), if not contraindicated. Other options include azithromycin (500 mg orally, once daily), ampicillin (500-750 mg orally, every 6 hours), amoxicillin (500 mg orally, every 6 hours).
- For patients with severe disease, IV penicillin is the drug of choice (1.5 MU IV, every 6 hours), and ceftriaxone (1 g IV, every 24 hours) can be equally effective.

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PREVENTION AND CONTROL

- The first line of leptospirosis prevention is to avoid exposure.
- Avoid wading, swimming, bathing, swallowing, or submersing head in potentially contaminated freshwater (rivers, streams) especially after periods of heavy rainfall or flooding.
- Avoid contact with floodwater, and do not eat food contaminated with floodwater.
- If exposure cannot be avoided, wear appropriate personal protective equipment (PPE) (rubber boots, waterproof coveralls/ clothing, gloves). Cover open wounds with waterproof dressings.
- Treat unsafe or potentially contaminated drinking water by boiling or chemically treating.
- Keep rodent populations (rats and mice) or other animal pests under control. Do not eat food that may have been exposed to rodents and possibly contaminated with their urine.
- Some studies have shown that chemoprophylaxis with doxycycline might be effective in preventing clinical disease and could be considered for people at high risk and with short-term exposures.

KEY FACTS

- An estimated 1 million cases occur globally each year, resulting in nearly 60,000 deaths.
- It occurs most frequently in tropical and subtropical climates.
- Cases of leptospirosis can increase after hurricanes or flooding when people may have to wade through contaminated water or use it for drinking or bathing.
- Leptospirosis is among the leading zoonotic disease causes of illness worldwide. The disease is underdiagnosed and underreported; true numbers are likely higher.

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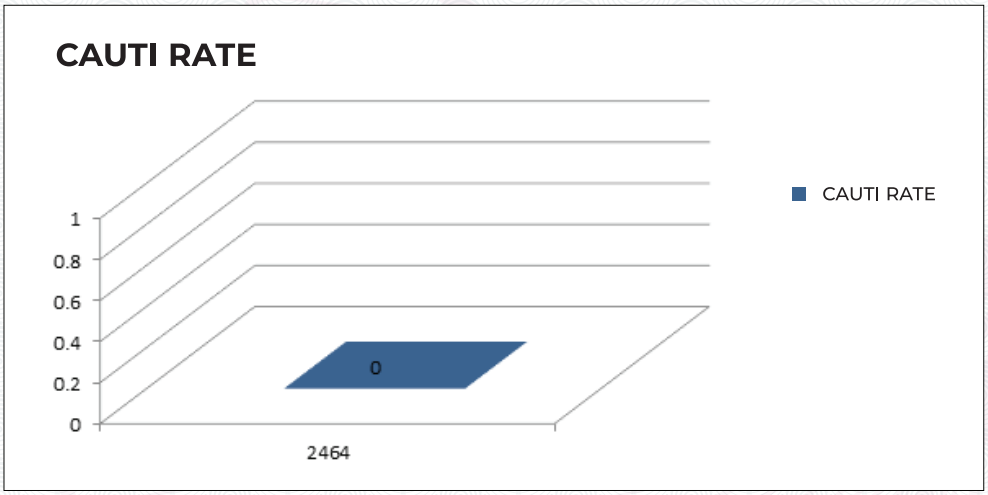
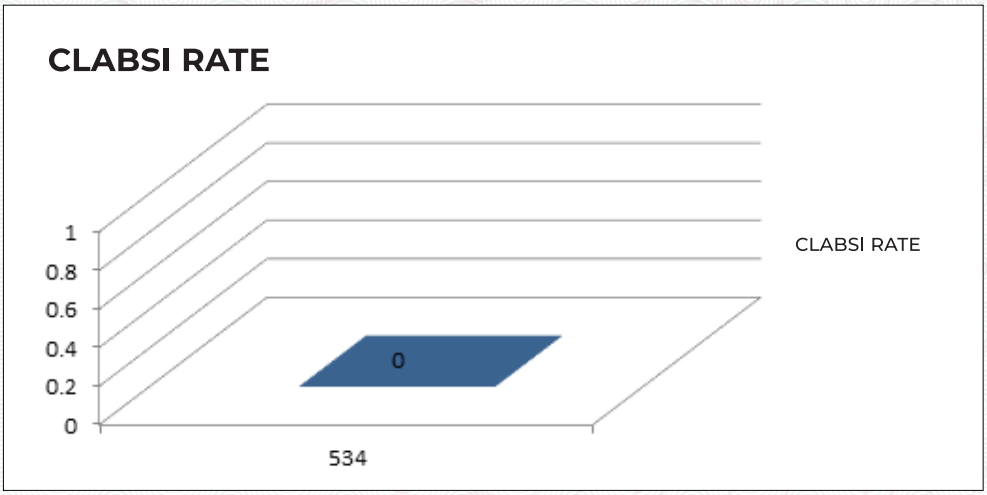
HAI DATA - SEPTEMBER -25

CAUTI RATE - SEPTEMBER 2025



CLABSI RATE - SEPTEMBER 2025



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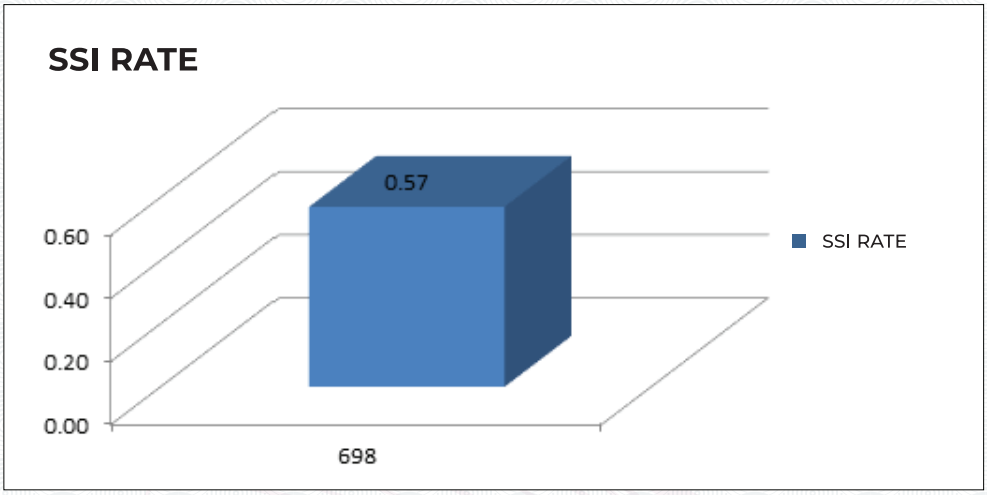
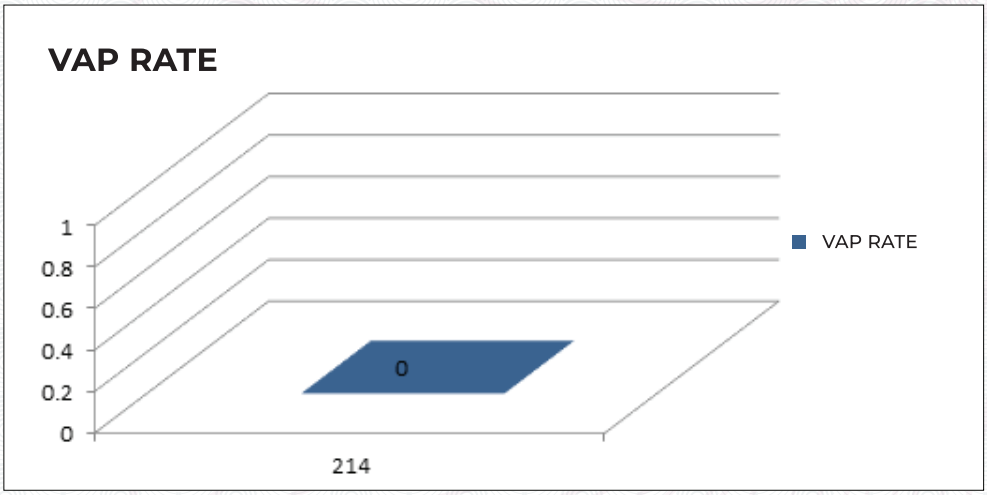
SSI RATE - SEPTEMBER 2025



VAP RATE - SEPTEMBER 2025



PERCENTAGE OF COMPLIANCE TO HAND HYGIENE- SEPTEMBER 2025