Risk factors, course and outcome of Clostridium difficile infections

Hensgens, M.P.M.

Stellingen behorend bij het proefschrift

‘Risk factors, course and outcome of *Clostridium difficile* infections’

1. *Clostridium difficile* infection (CDI) is an ominous sign for many patients, as it is often accompanied by underlying diseases and it has a direct effect on mortality. (This thesis)
2. Although diagnostic guidelines exist, CDI remains difficult to recognize in low risk populations. Updating guidelines is important, but the key to recognition of CDI is counseling doctors in how to use them. (This thesis)
3. The virulence of a microorganism can be tested, the severity of a patient’s disease course is observed at the bedside. (This thesis)
4. Predicting the course of a patient’s CDI can inform clinicians on the prognosis of a patient, but can also give us knowledge of the improvement of treatment modalities and can guide further research. (This thesis)
5. The future will take us back in time: ‘There remain nuances of this disease that are poorly understood, but there is no doubt that this potentially lethal pathogen is now largely controlled and patients are now managed with diagnostic and therapeutic modalities (faecal transplant) that are extremely effective’. (modified from Bartlett. *Clostridium difficile*: Its role in intestinal disease. 1988, p11–12)
6. Rather than basing treatment strategies on strain type, we recommend that clinical scores or biomarkers for CDI severity continue to be the basis for treatment decisions. (Gerding. Clin Infect Dis. 2013,56:1601-3)
7. *C. difficile* remains a major healthcare challenge with some early indication that we may be turning the tide. However, we must ensure that whilst ‘being seen to be doing something’ we are not exchanging one iatrogenic disease (CDI) for another (delirium). (Gouliouris. Age Ageing. 2009,38:497-500)
8. The sophisticated use and understanding of case-control studies is the most outstanding methodological development of modern epidemiology. (Rothman. Modern epidemiology. 1986)
9. Experience is something you don’t get until just after you need it. (Blaydes. The educator’s book of quotes. 2003)
10. True optimists are convinced that not everything will turn out right, but are convinced that not all can go wrong.
11. If at first you don’t succeed, then skydiving isn’t for you.

Marjolein Hensgens, Leiden, 2013