

**„NO CHANCE FOR MDRO!
IT'S IN OUR HANDS! “**

What can I do to prevent the spread of MDRO?

MDRO are usually spread through the hands of staff, patients and visitors. For this reason the **most important hygiene measure is regular and thorough hand disinfection** before leaving the room and after every visit to the toilet.

Patients in whom MRSA has been found in the nose and / or throat must always wear a face mask before leaving the room.

How do I disinfect my hands?

- Every room has a disinfectant hand-rub dispenser.
- First remove any jewelry from hands and fingers, otherwise the disinfectant won't work properly.
- Apply a generous amount (almost a handful) of disinfectant to your dry hands and rub till dry.
- Do not forget your fingertips, the spaces between your fingers and your thumbs.



What other precautionary and therapeutic measures are required in the hospital?

- Isolation measures (usually in a single room)
- If you have a positive VRE or MRGN result you should use your own toilet and disinfect your hands after using the toilet
- Protective measures by staff (e.g. gowns, gloves, face masks)
- If MRSA is found: Removal of the pathogen from the skin and mucous membranes (using body washes with antiseptic soap and an antibiotic nasal ointment)
- In case of infection: antibiotic treatment
- Control examination of other patients (screening)

Patients with an MDRO should seek permission from the medical staff to leave the room.

Please note the following:

- Thoroughly disinfect your hands before leaving your room and after every visit to the toilet!
- Do not spend time in shared facilities (cafeteria, the ward's lounge area) and do not use the self-service breakfast or dinner buffet
- Do not use communal toilets
- Avoid direct physical contact with other patients (shaking hands, hugging, etc)
- If you have a positive MRSA result in the nose or throat, wear a face mask covering the nose and mouth

Should you have any questions, you are welcome to address the medical staff on your ward.

Further **internet links:**

www.rki.de

www.mre-netzwerk-bw.de

status at print

Publisher: Universitätsklinikum Freiburg / © 2014

Edited by: Institute for Environmental Health Sciences and Hospital Infection Control

Design: Medienzentrum / Universitätsklinikum Freiburg

Multi-drug resistant organisms (MDRO)

Information for patients and visitors



You, a fellow patients or one of your relatives has been found to have a special type of microorganism called a multi-drug resistant organism (MDRO).

This brochure will acquaint you with the necessary facts about MDRO and the hygiene measures that need to be taken.

You can help prevent further spread of this bacterium with proper hand disinfection.

What are MDRO?

An MDRO is a special strain of bacteria that has developed resistance to common antibiotics. This means that the antibiotics that are usually used to treat an infection with this pathogen are inadequate or no longer work.

The principal MDROs are:

MRSA

(**M**ethicillin-**R**esistant **S**taphylococcus **A**ureus)

They typically occur on the skin and mucous membranes.

VRE

(**V**ancomycin-**R**esistant **E**nterococci)

They typically occur in the intestine.

MRGN

(**M**ultidrug-resistant **g**ram-negative **p**athogens)

They typically occur in the intestine, urinary tract and respiratory system.

The mere presence of a multidrug-resistant pathogen, e.g. on the skin, in the nose / throat or intestines does not mean that you are sick! This is known as MDRO colonization.

Colonization may but does not necessarily have to lead to an infection. An infection is said to be present if this pathogen causes symptoms requiring administration of an antibiotic.

Whether colonization or infection:

It is important not to transmit the pathogen to other patients!

Are MDRO dangerous?

The presence of MDRO in **healthy people** does not usually pose a threat because the body's defenses are strong enough.

However, this is not the case in **hospital**: Severe disease and some treatments reduce the body's defenses. Furthermore, use of catheters or other devices provides a portal of entry through which microorganisms enter the body.

For you as a patient or for your relatives it is important to know that **MDRO are no more aggressive** than „normal“ bacteria from which they have evolved, and **do not cause more infections.**

However, it is of clinical significance that if an MRGN infection occurs there are only limited therapeutic options due to resistance patterns.

For this reason everything must be done to **prevent the spread of multi-resistant pathogens** from one patient to another – which usually takes place **via the hands.**

We need your help:

Please regularly and thoroughly disinfect your hands!

