



Ormiston
Hospital & Healthcare

Multi-Drug Resistant Organisms (MDROs) Patient Information Pamphlet

What is a Multi-Drug Resistant Organism?

What categorises bacteria (germs) as multi-drug resistant is that they can't be treated by some common antibiotics.

Common MDRO's we screen for are:

- MRSA – Methicillin resistant staphylococcus aureus
- ESBL – Extended-spectrum beta-lactamases
- VRE – Vancomycin resistant enterococci
- CPE – Carbapenemase producing enterobacteria (may also be called CRE or CRA).

MDROs can affect patients by causing infection or colonisation.

Infection means that bacteria are present in (or on) the body and are causing illness that can be difficult to treat, and may require much stronger antibiotics.

Colonisation means the germs live in or on the body but most people experience no symptom or illness.

How can you tell if you have a MDRO?

The only way that you can tell if you have a MDRO is through a process of screening based on laboratory tests.

The need for being tested will be based on the information you provide us with, in your Patient information form. If you

require testing, depending on the bacteria we need to test for, we may require the following specimens:

- Nose and skin swabs for MRSA
- A faecal specimen or rectal swab for ESBL, VRE and CPE
- A urine sample

If your test results confirm you have an MDRO, information will be provided to you on admission.

Preventing the spread of a MDRO

Regular and thorough hand hygiene is the most effective way to help stop spread the spread of MDROs.

Wash your hands with soap and water before eating, preparing meals, after using the toilet, and especially before and after wound care.

Healthcare workers must clean their hands before and after performing all aspects of care, all contact with patients and the patient surroundings. This is generally done with hand sanitiser.

If you are known to have an MDRO, we may also take these steps to help prevent the spread between patients:

- Patients with MDRO's are cared for in a single room (if you are staying overnight).
- Healthcare workers will wear gloves and a gown while in the room to prevent the transfer of MDRO's to their hands and clothing.



Multi-Drug Resistant Organisms (MDROs) Patient Information Pamphlet

- A sign will be placed on the room door to remind staff and visitors to wash or sanitise their hands before leaving your room. You have the right to ask them to do so also.
- If your visitors are visiting other people in the hospital, your visitors should visit you last.

Are MDRO's dangerous to my family/whanau?

No, they are not. Exposure to someone with a MDRO should not harm a healthy person. But it is important that family/whanau and other visitors wash their hands or sanitise with alcohol hand gel when entering and leaving a patients room.

Do patients with a MDRO need to take any extra precautions once they go home?

Recommendation is to not share bath/shower towels with family. Otherwise, regular personal hygiene and normal household cleaning practices is sufficient.

Laundry can continue to be washed on a normal wash cycle and does not need to be separated from the rest of the households.

The best way to prevent the spread of infection is regular hand washing. So remember to wash your hands:

- Before meal preparation
- Before eating
- After using the toilet
- Before and after touching your wound
- After blowing your nose

We wish you well with your recovery.

Ormiston Hospital & Healthcare Staff

References: Management of Multi-Resistant Organisms in Healthcare Settings (2006). Healthcare Infection Control Practices Advisory Committee. Guidelines for the Control of Multi-Resistant Organisms in New Zealand (2007). Ministry of Health

09 250 1157
enquiries@ormistonhospital.co.nz
ormistonhospital.co.nz

125 Ormiston Road
Flat Bush
Auckland 2016

PO Box 38921
Howick
Auckland 2145