

Do I have to stay in hospital?

No. Any isolation precautions are to prevent cross infection to another patient at particular risk of contracting the same bug.

What happens when I go home?

If you go home before treatment for your infection is complete you may be asked to complete a course of antibiotics. At home no precautions are required as these organisms are not harmful to healthy people. If you are readmitted or seen by healthcare staff it is helpful to mention that you have been colonised though this will be in your notes.



Multi Drug Resistant Gram Negative Organisms (MDRO)

Including Extended Spectrum Beta Lactamase (ESBL)

This information is also available on request in other formats by phoning 01387 241627.

Information for patients, carers and relatives

What is MDRO?

MDRO stands for Multi Drug Resistant Gram Negative Organisms.

Multi Drug Resistant Gram Negative Organisms have been increasing in recent years due to the ability of certain organisms to destroy certain commonly used antibiotics.

ESBL stands for Extended Spectrum Beta Lactamase.

It is an enzyme which is produced by **some** bacteria when they break down antibiotics. These bacteria will be resistant to certain antibiotics which can make infection difficult to treat. Your Doctor will prescribe an antibiotic which is suitable for you.

What effect does MDRO have?

Some people carry these organisms within their bowel (gut) without becoming ill. This is called colonisation.

The infection from MDRO bacteria may be in urine, a wound or in the blood.

The symptoms are usually the same as any other infection in these parts of the body i.e. fever, shivering, pain on passing urine, pus in wound, confusion in some people.

How does MDRO spread?

Organism's e.g. E coli can become ESBL producing following previous antibiotic treatments so you, or you relative, may not have been passed the organism by another person.

However, MDRO organisms can be spread from person to person by direct contact e.g. on the hands of patients or staff.

They can also be passed indirectly e.g. from equipment which may not have been cleaned or via hands and into the mouth on food.

People who are in hospital or who are already ill are more at risk from MDRO infection because their immune systems are weakened by illness, surgery, medication and procedures.

In most cases, healthy people will not be affected by ESBL producing organisms.

Treatment of MDRO

As these bacteria are resistant to some, but not all, antibiotics, your Doctor will prescribe an antibiotic which will be active against your infection.

You, or your relative, may be moved to a single room within the hospital for your treatment. This is to prevent the infection being spread to others who may have to share equipment e.g. toilet.

Prevention of MDRO

- ◆ Good hand washing is essential to prevent the spread of MDRO.
- ◆ You, your visitors and any staff involved in your care should always wash their hands and clean any equipment they use.
- ◆ Staff will also wear gloves and aprons when providing care for you. (Visitors do not need to wear gloves and aprons unless they are involved in patient care).
- ◆ Good personal hygiene is essential.
- ◆ Visitors should always wash their hands and/or use the alcohol rub before and after visiting.
- ◆ Visitors must not sit on the patient's bed.
- ◆ Any laundry should be sent home and washed as soon as possible.