



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. The type of Multi-drug resistant organisms we screen for are MRSA, ESBL, VRE and CRE.

Multi-drug resistant organisms 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.

Screening is the process of taking tests looking for MDRO's, in patients that meet specific criteria set out by the hospital.

The following specimens may be required (the type of specimen is dependent on the bacteria we are looking for):

- Nose and skin swab looking for MRSA
- Collection of a faecal specimen or a rectal swab for ESBL, VRE and CRE.

- A urine specimen may be required in some instances.

Preventing the spread of a MDRO

Hand hygiene is one of the most important steps to prevent the spread of a Multi-drug resistant organism.

Healthcare workers must clean their hands before and after touching a patient, before and after undertaking a procedure or having contact with blood and body fluids, and after having contact with the patients surroundings.

Other steps that we may take to prevent the spread of a MDRO:

- Patients with a MDRO are cared for in a single room
- Staff will wear gloves to prevent the MDRO from getting on their hands
- Staff will wear a gown or apron to stop the MDRO from getting on their clothing
- Everyone should clean their hands with alcohol hand gel or undertake handwashing
- If your visitors are visiting other people in the hospital, your Visitors should visit you last



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Are MDROs dangerous to my family/whanau?

No they are not at risk. Exposure to someone with a MDRO should not harm a healthy person. But it is important that family/whanau and other visitors must wash their hands when entering and leaving a patients room.

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

When a patient returns home good hygiene is sufficient. Normal household cleaning practices will suffice, and laundry just needs to be washed on a normal wash cycle.

The best way to prevent the spread of infection is to practice good hand hygiene so remember to wash your hands or use the alcohol hand gel.

We wish you well with your recovery. **Ormiston Hospital 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

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