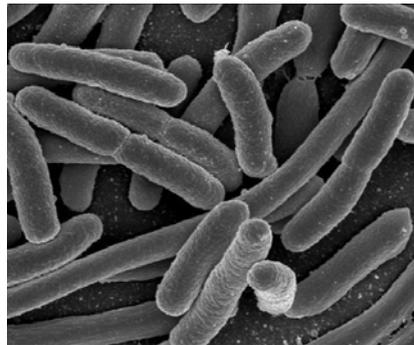


Infection Prevention and Control

Multi Resistant Organisms



Patient Information Leaflet

What are multi resistant organisms (MRO)?

These are a number of different bacteria or organisms that commonly live harmlessly in the human gut that can stop antibiotics from being effective. Some can produce an enzyme or protein which can make the bacteria resistant against a number of antibiotics.

Are some people more at risk than others?

The elderly and those with existing illness are most at risk of getting a MRO infection. People who have already been taking antibiotics or who have previously been in hospital are also more at risk.

How will I know I have got a MRO?

If staff think you have symptoms of an infection or could be carrying a MRO in your gut they will send a specimen to the laboratory to be tested. You will be informed if the result is positive.

How did I get a MRO?

It is difficult to know exactly when or where you got the MRO from. Below are some possible risk factors:

- Not completing a full course of antibiotics which may have caused the bacteria in your gut to start becoming resistant.
- Not washing your hands after using the toilet.
- Not washing your hands before eating.
- Eating contaminated food.
- Poor hygiene.

- Having a family member who has had an infection with a MRO or is carrying one in their gut.
- Previous hospital admission.

What will happen to me?

You may be asked to move into a single room to prevent the chance of spreading this infection to other patients. If several patients are affected, you may be nursed together in one area of the ward. Staff may wear gloves and aprons when caring for you, particularly when helping you if you need the toilet or if you have a catheter.

Is it treatable?

There are a limited number of antibiotics which will work against an infection caused by MRO.

If you are found to be a carrier of these MROs in your gut you will not have any symptoms and will not require any antibiotics. You are likely to carry these MROs in your gut for a long time, possibly for life. Hand hygiene is very important, because as a carrier you could still spread these to others.

Can it affect my visitors?

MROs are not a problem to healthy people. If visitors have several people in the hospital to visit it is better that they visit you last. Visitors also need to carry out hand hygiene on entering and leaving the room, or if you are nursed with other patients, before leaving the ward.

How can I stop MROs from spreading?

- Hand hygiene is very important. Clean your hands before meals and after using the toilet or commode.
- If you have any wounds, a drip or a catheter make sure you do not touch them.
- Inform hospital staff on admission if you or a family member are a carrier or have previously had an infection

Will I be able to go home if I have a MRO?

As soon as your doctor says you are well enough, you can go home: Having a MRO should not stop this. If you are going to a residential or nursing home, we will inform the staff of the need to carry out the same strict hygiene measures.

Should you have any further questions or require further advice please speak to your doctor, nurse or Infection Prevention staff.

Infection Prevention Team 01535 294848

Write any questions/queries below

The Public Health England website and will give further guidance and information:
<https://www.gov.uk/health-protection/infectious-diseases>

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on: 01535 294019 for advice.

Please raise any issue you may have about your care and treatment with a member of staff. Raising your concerns will not adversely affect the care you will receive.