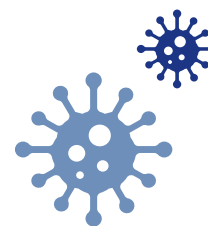


**Frequent hand hygiene
(hand washing) is the
single most effective
way of preventing
the transmission of
infections.**



Enquiries

Should you have any further questions please ask your hospital doctor or GP, or contact our Infection Control Coordinator on **(02) 6229 8983**.

Calvary John James Hospital acknowledges the Infection Control & Staff Health Department of Calvary Public Hospital Bruce, who assisted with the development of this brochure.



Public Hospital Bruce



Consumer Endorsed
Patient Information Publication

**173 Strickland Crescent
Deakin ACT 2600**

PO Box 131, Deakin West ACT 2600

www.calvaryjohnjames.org.au

Hospitality | Healing | Stewardship | Respect

CAL1356_CJJH_V1

Multi-resistant
organisms (MROs)
Patient information



Calvary | John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary

What are multi-resistant organisms (MROs)?

MROs are bacteria that over time have become resistant to multiple antibiotics that would normally be prescribed to treat infections, such as wound, urinary tract, chest and blood stream infections.

Examples of common MROs include but are not limited to:

- methicillin-resistant Staphylococcus aureus (MRSA)
- vancomycin-resistant enterococci (VRE)
- extended-spectrum β -lactamases (ESBLs)
- carbapenem-resistant enterobacteriaceae (CRE)

Please refer to MRSA and VRE brochures for more information.

Where are MROs usually found?

- MRSA is commonly found in noses and on skin
- VRE and ESBLs are mainly found in the intestines

How do you get an MRO?

Everybody has bacteria that live on their skin or in their system; this is normal with the bacteria usually being harmless.

When you become unwell, your body's immune system is weakened which makes you more prone to contracting MROs.

It is possible that you may have picked up the MRO during an admission to hospital. However it is also a possibility that you already had the MRO prior to coming into hospital.

How are MROs diagnosed?

A wound swab, or specimen of urine, sputum or blood will be forwarded to the laboratory for testing. Once an MRO is detected, the

laboratory will check which antibiotic will be effective in killing the resistant organism.

How are MROs treated?

Your doctor will decide if you require treatment as not all MROs need treatment. Treatment options include antibiotics, body lotions and antibiotic ointments.

How can spread be prevented?

Performing hand hygiene with soap and water or alcohol-based hand sanitiser is an effective way of preventing the transmission of health care-associated infections including MROs.

Performing hand hygiene includes but is not limited to:

- before and after any physical contact
- after contact with surfaces in patients rooms
- after using the toilet
- before handling food and eating
- whenever your hands are visibly soiled

What will happen while you are admitted to hospital?

You will be in a single room or in a shared room with another patient who has the same MROs as you. Staff will be required to wear a long-sleeved gown and gloves when caring for you to reduce the risk of spreading the MROs to other patients on the ward.

It is important that you remain in your room to reduce the risk of spreading the MRO bacteria. If you do need to leave your room, you will need to perform hand hygiene prior to leaving. You must not visit other patients in your ward or around the hospital.

If you need to be transferred within the hospital, the nursing staff will ensure that you are wearing the appropriate attire and inform the other departments to ensure appropriate care is taken to reduce the risk of the spread of MROs.

Upon transfer if staff caring for you are not wearing gowns and gloves, please advise them that you have been diagnosed with an MRO.

What about my visitors?

Healthy people are not at risk of contracting MROs.

To prevent the risk of spread of MROs, it is best if your visitors do not visit other patients in the ward or in the hospital. If your visitors do wish to visit other patients they will be required to visit them first.

Your visitors will be required to perform hand hygiene before and after visiting you; they will also be required to wear a gown and gloves. The nursing staff on the ward will be able to assist your visitors if they are unsure about how to perform hand hygiene, or about gowning and gloving.

What happens when I go home?

You do not need to do anything extra at home. Good levels of general personal and household hygiene including hand hygiene are important to reduce the risk of spreading MROs to others.

Eating utensils and dishes may be washed as normal.

You can return to work when you doctor is happy for you to do so. If you are a health care worker, please supply a medical certificate signed by your doctor upon your return.

If you have to visit your hospital doctor, GP or another health care facility, please advise them that you have had an MRO.

