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# ***All about MDROs (Multi-Drug Resistant Organisms)***

**Help us prevent the spread  
of healthcare associated infections.**



**This leaflet is for people who are receiving healthcare and who have an infection with, or are colonised by a Multi-Drug Resistant Organism (MDRO).**

### ***What are MDROs?***

The human gut and skin help keep us healthy. They also contain many bacteria/organisms. The presence of the bacteria/organisms is quite normal and is called colonisation or carriage. However, if bacteria get into the wrong place, such as the bladder or bloodstream, they can cause infection and make us unwell.

MDROs are bacteria that are resistant to many antibiotics (drugs that fight infection by destroying bacteria). This means that if we develop an infection with an MDRO, certain antibiotics will not work.

Some examples of MDROs are:

- Meticillin Resistant Staphylococcus aureus (MRSA)  
(Further factsheet available)
- Vancomycin Resistant Enterococcus (VRE) (Further factsheet available)
- Extended Spectrum Beta Lactamase (ESBL) producing bacteria
- Carbapenemase Producing Enterobacteriaceae (CPE) (Further factsheet available)

## ***Does colonisation/carriage of MDROs need to be treated?***

No, not normally. These bacteria live harmlessly in the gut and skin without causing problems. However, if you develop an infection, you may need antibiotics to treat it.

Please ask your doctor or healthcare provider to explain this result in more detail if you're unsure.

## ***How do MDROs spread?***

These bacteria can spread from one person to another by touching contaminated surfaces such as bedrails, door handles, tabletops and chairs.

They can also be spread after direct contact with hands that haven't been washed or gelled at the appropriate time.

It's important to prevent and limit the spread of MDROs, to help make sure antibiotics keep working in the future.

## ***What about my family and visitors?***

Telling them is your choice. You don't need to tell visitors that you're a carrier or have an infection if you don't want to. Your family and visitors don't need to routinely wear gloves and apron.

If you have an infection, it's important to work with healthcare staff to make sure that any discharge from a wound is contained within an appropriate dressing. This will help to prevent contamination of clothes or soft furnishings.

## ***How can the spread of MDROs be prevented?***

### **In general**

Good hand hygiene with **water and soap** or with **hand gel** (especially after going to the toilet and before meals) is the most important way to stop the spread of MDROs.

If you look after any medical devices or tubes yourself (such as your urinary catheter or other medical tubes) make sure your hands are clean before touching these. Be especially careful in areas near where devices and tubes enter your body.

**People MUST clean their hands before and after they give you care. It's okay to remind people to clean their hands.**

## **At home**

In your own home, you don't need to restrict your lifestyle. A few actions will help prevent spread.

As well as good hand hygiene, keeping toilet and bathroom areas clean, and using separate towels are the best ways to prevent spread.

You can wash your bed linen, clothes and other laundry as normal.

## **In hospital**

If you need to go into hospital or another healthcare setting, let staff know that you've had a positive MDRO result. You may be checked again for the MDRO. This will make sure that you get the care you need and help prevent spread of the MDROs.

A yellow sign is used to alert staff to take precautions. For example, staff routinely wear gloves and aprons to help prevent spread of the MDROs to other patients.



**An example of the yellow sign used in hospital.**

***Where can I find out more?***

If you have any concerns or questions speak to your healthcare worker or contact your GP for advice.

**The most important thing to prevent the spread of any infection is good hand hygiene.**

**This leaflet is also available in large print.  
Other formats and languages can be  
supplied on request. Please call Quality  
Development on 01224 554149 for a copy.  
Ask for leaflet 1788.**

Feedback from the public helped us to develop this leaflet.  
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