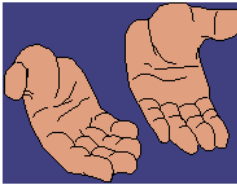




Washing Hands with Soap and Water

- Turn on water
- Apply soap
- Lather for 15 seconds rubbing all surfaces of hands and wrists
- Rinse under running water with fingers pointing down
- Pat dry with paper towel
- Turn off faucet with paper towel



Cleaning hands with Alcohol Handrub

- Apply product
- Rub into all surfaces of hands until dry

Additional information can be found at:

www.tegh.on.ca/bins/content_page.asp?cid=3-20-102

<http://www.cdc.gov/drugresistance/index.htm>



OTHER MDROs

**Multi
Drug-
Resistant
Organisms**

**Patient
Education**

*Infection
Prevention and Control*

MultiDrug-Resistant Organisms

What are they?

These are bacteria that got smart so many classes of antibiotics do not work against them. These germs can be found in many different places on the body.

One example is an ESBL organism. [extended spectrum beta- lactamase producer] They produce enzymes that stop antibiotics from working.

Other bacteria might have different ways of stopping or 'resisting' the antibiotics.

Examples of highly resistant bacteria can include *Klebsiella pneumoniae*, *Pseudomonas*, *E. coli*, *Acinetobacter baumannii*, *Burkholderia cepacia* or *Stenotrophomonas maltophilia*.

How did I get it?

You might have had the bacteria in your body or on your skin. After taking antibiotics, these bacteria could have gotten smart and developed ways of fighting the antibiotic. Or unwashed hands that touched unclean items or body fluids could place them on your body.

How is it detected?

Usually a culture is done of a body site.

Will I feel sick?

You might not feel ill or have signs or symptoms of an infection. This would mean that you are 'colonized': the organism is present, but not causing symptoms of an infection.

Can I be cleared of multi-drug resistant bacteria??

Sometimes cultures are repeated, but it is not really known where the bacteria tend to stay on the body. So it is difficult to know when the bacteria are really gone for good.

Why do I have to be on isolation?

In the hospital you may be placed on contact precautions in a private room to prevent the spread of multidrug-resistant bacteria.

In Long Term Care (LTC) and Rehabilitation Facilities you may be on contact precautions and may have a roommate, but have a designated bathroom.

Wearing a gown and gloves is added protection to clothes and hands to ensure germs are not spread to the environment and other patients. All healthcare workers must clean their hands before entering and when leaving your room.

What else should be done?

- As always, all family members must wash their hands well with **soap and water** after using the bathroom and before eating.
- Maintain good personal hygiene by showering and wearing clean laundered clothing.
- Your laundry does not have to be washed separately unless it is visibly soiled with stool, urine or drainage from a wound. Use warm water and regular detergent; additional options include hot water, bleach, and automatic dryer.
- Avoid sharing personal items such as; towels, washcloths, razors, sheets, bars of soap, and clothing.
- Keep your hands away from your eyes, nose and mouth. Clean your hands before and after touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces often in your home. I.e. faucet handles, toilet flushes, bedrails, door knobs etc.
- Clean and disinfect the bathroom using a disinfectant often and whenever soiled.
- Keep wounds, cuts or scrapes covered.
- Alcohol hand rubs do kill MDROs on your hands, but use soap and water after using the bathroom.