

Just remember to continue to wash your hands!

◆ **What happens when I go home?**

When you go home, please be reassured that if good hygiene precautions are followed, people with MRGNO's are not a hazard to others including their families. Restrictions to activities or visitors are not necessary.

You may be discharged from hospital before your wound is completely healed. The community nurses may be asked to attend to your dressings and medications, or assist you with activities in your home. They may wear gowns and gloves when attending dressings.

Laundry can be cleaned as normal, as can dishes and utensils. Contaminated pads or dressings can be placed in the household rubbish bin.

Please remember to keep your outpatients or doctor's appointment. If your wound becomes red, swollen, painful or oozes, or if you have a fever, please contact your local doctor or emergency department as soon as possible.

If you have any further questions please do not hesitate to ask the staff on the ward or contact the Infection Prevention and Control Unit.

Infection Prevention and Control Unit

Location:

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Multi-Resistant Gram Negative Organisms (MRGNO)

Information for Patients and Visitors



Peninsula Health



What is a multi-resistant gram negative organism (MRGNO)?

Gram negative organisms are a group of bacteria (germ) that can sometimes cause urinary tract, respiratory, wound or blood stream infections.

A multi-resistant organism is a bacteria that has developed resistance to many of the antibiotics that are normally used to treat that organism.

An ESBL-producing organism is one type of MRGNO. ESBL stands for **Extended Spectrum Beta-Lactamase**. Beta-Lactamase is an enzyme produced by the bacteria which breaks down certain types of antibiotics.

Another type of MRGNO that may cause infections is multi-resistant *Pseudomonas*.

These bacteria can be in your body (usually your gut) and not make you sick. This is called **colonisation** as you feel well with no signs or symptoms of infection.

Hospitalised patients appear to be at the greatest risk of acquiring these resistant bacteria.

How are MRGNOs spread?

There are two main ways these bacteria spread.

- ◆ Directly from patients already carrying the germ.
- ◆ Indirectly via a person's hands that have not been disinfected or washed properly after contact with an infected or colonised patient or medical equipment.

Is treatment available?

YES. Despite being resistant to many of the normal antibiotics, treatment options are still available should an infection occur.

Colonisation with an MRGNO is not treated with antibiotics as the germ is not causing you harm.

People do not have to stay in hospital until the bacteria has gone. They may go home when their general condition allows, regardless of whether or not they still have the bacteria.

I have a MRGNO:

◆ What precautions can I take?

People in hospitals are more at risk of infection because their normal body defence mechanisms are weakened by illness, surgery, drugs and medical procedures. As such, it is important that you do not visit patients in other parts of the ward or hospital.

You may be transferred to a single room and hospital staff will wear gowns and gloves while performing tasks in your room. They will also disinfect their hands with either special soap or a hand disinfectant.

Prevention of transmission of MRGNOs rests mainly on encouraging good hand hygiene practices amongst staff, visitors and patients. Don't be shy about reminding everyone to wash or disinfect their hands when they enter or leave your room or attend to wound dressing etc.

◆ What about my visitors?

Visitors will only be required to wear gloves and gowns if they are involved in your care (e.g., personal hygiene). They should also wash their hands when entering and leaving your room and advised not to visit any other patients during the same visit to reduce the potential for cross contamination.

Please do not allow visitors to sit or lie on your bed.

Visitors are also asked not to visit if they have a cough or cold, diarrhoea, vomiting, boils, open wounds or weeping skin lesions. This is to protect you as well as other patients.



◆ Can I transfer to other healthcare facilities?

Transfer to other healthcare facilities can still occur if you are colonised or infected with an MRGNO. We just need to let them know first.

Patients infected or colonised in Rehabilitation Centres and Long-Term Care Facilities pose little risk to the other patients. This is because these patients are usually less sick than those in hospitals.