

What will happen when I go home?

At home, in most cases, you need only to use good hand hygiene. The nursing staff will give you discharge instructions. Your laundry can be washed normally with the rest of the household wash. MDR-bacteria do not usually pose a threat to healthy people, hospital staff, family members or to close contacts of an infected patient.

Please remember that hand washing with soap and water is the key method to prevent the spread of any infection. There is a hand wash sink in all single rooms, bays and at the entrances to all wards – **please use it on entering the ward and before you leave.**

For further advice on any of the issues discussed within this leaflet please ask any member of the nursing or medical staff.

Being open

To reduce the risk of healthcare associated infection a number of things have been implemented across the Trust:

- A dedicated team responsible for helping staff maintain a high standard of care in Infection Prevention and Control
- A comprehensive Infection Prevention and Control policy which is evidence

based and regularly reviewed

- All staff are required to attend a yearly education and training update
- A wide range of information leaflets have been produced for patients, carers and the public
- Infection rates are monitored across the Trust, any risks or trends identified are reported monthly to the Infection Prevention and Control Committee, the Board of Directors and Public Health England

If you have any questions or would like more information, please contact a member of the Infection Prevention and Control Team.

For Queen Elizabeth Hospital Birmingham
Tel: **0121 371 3785** (internal **13785**)

For Heartlands Hospital, Good Hope Hospital and Solihull Hospital
Tel: **0121 424 1137**



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Infection Prevention and Control
University Hospitals Birmingham
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To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm

What are multi-drug resistant (MDR)-bacteria?

Multi-drug resistant (MDR) bacteria are bacteria that have become resistant to certain commonly used antibiotics. There are many different types of MDR bacteria that can be easily found throughout the environment including water and soil. They pose very little risk to healthy people and some are carried as part of the normal bacteria in their bodies or on their skin. These may include *Acinetobacter*, *Klebsiella*, *Staphylococci* (MRSA), *E. coli* and *Pseudomonas sp.* These infections can still be treated but with antibiotics which are less commonly used.

How can MDR-bacteria be acquired?

MDR-bacteria can be acquired through person to person contact or sharing personal items with an infected person. Also, through contact with contaminated surfaces, or as a result of wounds being contaminated with dirt or debris.

If I acquire MDR-bacteria does that mean I am infected?

Not usually. You can be colonised or infected with the bacteria. Colonisation

means that the bacteria is simply present in the body but is causing no harm to the individual. Many people live with MDR-bacteria on their skin or in their bowel throughout their lives, without it causing any problems or symptoms.

Who is at risk of infection with MDR-bacteria?

The people most likely to be infected are those who are already ill and who have been admitted to hospital.

What infections can MDR-bacteria cause?

MDR-bacteria causes similar infections to many other bacteria. Common infections in patients who are in hospital because of underlying medical problems include wound infections, chest infections or bloodstream infections (septicaemia).

How is MDR-bacterial infection treated?

Most infections caused by bacteria which are not multi-drug resistant (MDR) are easily treated with common antibiotics. Infections caused by MDR-bacteria can also be treated with antibiotics which are less commonly used. As previously

mentioned, most patients with MDR-bacteria will not be infected and will not need specific treatment.

If I am found to be colonised/infected with MDR-bacteria what will this mean for my hospital care?

All patients who have tested positive for multi-drug resistant (MDR) bacteria will be nursed in isolation usually in a single room and all staff will use isolation precautions, even if you don't have an active infection. These isolation precautions are to prevent the spread of MDR-bacteria among vulnerable hospital patients, many of whom have severe underlying medical problems and are at increased risk of infection with MDR-bacteria.

Hospital staff will wear aprons and gloves to care for you. Visitors should report to the nurses' station for advice on what they are required to do before entering your room. Even if MDR-bacteria is not causing you any problems (which is usually the case) you will still need to be isolated as a precaution. MDR-bacteria will not restrict you from receiving any medical care that you need.