

Multi-Drug Resistant Organisms (MDROs)

Information Sheet for Patients & Families

What are MDROs?

Multi-drug resistant organisms (MDROs) are bacteria that are resistant to many antibiotics (drugs that fight disease by destroying bacteria). If bacteria are “resistant” to an antibiotic, it means that certain antibiotics will not work against them.

Some examples of MDROs are:

- ▶ Methicillin Resistant Staphylococcus Aureus (MRSA)
- ▶ Vancomycin Resistant Enterococcus (VRE)
- ▶ Extended Spectrum Beta Lactamase (ESBL) such as:
 - Enterobacter
 - Klebsiella
 - Pseudomonas
 - Escherichia coli (E.coli)

A person can be either “colonized” or “infected” with an MDRO. “Colonized” means that a person has the bacteria on their skin or in their body (such as in the gut), but it is not causing harm. People who are colonized do not need any treatment. “Infected” means that a person has signs of disease, such as swelling, wound leakage and fever.

It is important to stop the spread of an MDRO. Infections caused by MDROs can be harder to treat, since there are fewer antibiotics that work against them.

How are MDROs Spread?

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

Good hand washing with soap and water or with hand sanitizer is the most important way to stop the spread of MDROs.

Clean your hands (and help children to clean their hands) before meals and after using the washroom. It is important that all staff and visitors clean their hands before and after they give care.

It is okay to remind your nurse or doctor to clean their hands before giving care.

What happens when someone with an MDRO is admitted to hospital?

If you or your child has an MDRO and is in the hospital, you can expect these extra steps on top of the usual practices to stop the spread of infections:

You or your child **must stay** in a single room. You or your child can leave the room for certain tests or walk in public spaces (such as coffee shops and outside the hospital) with special measures in place. You or your child cannot visit other patients or be in shared patient spaces (such as playrooms, patient kitchens and family lounges).

Please see over...

Toys will be brought into your child's room. All items like equipment, toys, and games, must stay in your child's room until they are cleaned by hospital workers.

Hospital workers going into the room will be wearing a gown and gloves. Workers wear them to help stop the spread of an MDRO from one patient to another patient.

If you need linens or other materials stored outside your room, please ask staff for them. Do not go into shared storage spaces.

What about family/visitors?

Everyone, along with family and visitors, must remember to **wash their hands** when **going into** and **leaving** the room. Family and visitors should not visit other patients or be in shared patient spaces (such as the patient kitchen and family lounge). Family and visitors do not need to wear a gown and gloves, even if they are giving hands-on care. Examples of hands-on care are bathing, washing, turning, changing diapers or feeding their child. If they choose to wear a gown and gloves, they must remove the gloves and gown and put them in the garbage bin and linen hamper found inside the room. Hands must be washed after taking off their gown and gloves.

Questions?

This sheet is not specific to you or your child, but gives you general information. If you have any questions, please ask a doctor or nurse or ask to speak to an Infection Control Practitioner.



The most important thing you can do to prevent the spread of infection is to clean your hands.