



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Multi Drug Resistant Organism (MDRO) (Including ESBL and VRE)

Information for patients, relatives and carers

① For more information, please contact:

Infection Prevention Team

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Telephone: 01904 725860

Over the years, some germs have developed resistance to antibiotics. These germs are called Multi Drug Resistant Organisms (MDRO).

The results of tests carried out in the laboratories show that you are carrying an MDRO so we need to take precautions to limit the risks of you developing an infection, and limit the spread to other patients.

What does being an MDRO carrier mean for me?

We can carry MDRO germs without being aware that we are. Germs only do harm when the conditions are right. However, problems can arise if you develop an infection caused by the MDRO. There is an increased risk of this in hospital because of the tests that patients undergo, and the drips, drains and wounds that patients can have.

What if I develop an infection?

Knowing about the presence of an MDRO means doctors can choose treatments, should you need them for an infection, which are more suitable for you. Although MDRO have antibiotic resistance, some antibiotics are still effective. Laboratory tests will help to determine which antibiotics you should have.

How can the spread be controlled in hospital?

We take a number of preventative measures to reduce the risks of MDRO spread:

- Staff will wash hands with soap and water before using hand sanitiser
- Staff will wear aprons or a long sleeved gown if they have close contact with you or your surroundings
- You may be nursed in a single room with your own toilet facilities
- Your room and the equipment we use will be cleaned with a disinfectant
- We aim to prescribe antibiotics only when required. This helps prevent germs from developing resistance to antibiotics
- We will add a note to your electronic patient record to alert staff to the presence of MDRO in case of future hospital contact
- Your GP will be advised of the MDRO result
- You should mention that you are an MDRO carrier to other health care staff

What about visitors?

Relatives and visitors can still visit you. They should consider the following:

- Wash hands and use the hand sanitiser when they arrive and leave.
- They do not need to wear gloves and apron unless they are helping you with personal cares. Once they have finished assisting you with personal cares, they must dispose of the apron and gloves in the bin inside the side room then wash their hands with soap and water.
- We would ask that they do not use your toilet facilities.
- We would ask that they do not sit on your bed.
- Your own laundry should be washed at home. Wash separately in the washing machine on the hottest wash the clothes will withstand.

What if I need to be moved within the hospital, or to other hospitals or health care facilities such as a residential home?

We shall try to avoid transferring you to other wards although sometimes there are reasons relating to your condition that mean you need specialist care on another ward.

In general, MDRO does not present a risk to people in the community, or to patients in residential or nursing homes who do not have catheters, wounds, or other lesions.

What about when I go home?

Whilst you may still be a MDRO carrier when you go home, quite often this will go away with time. No special measures or treatment are required; any infection will have been treated before you leave hospital. It's fine to still have direct contact with friends and family (e.g. handshakes, hugging or kissing).

You should carry on as normal, maintaining good hand hygiene. Hand washing is very important. You should wash your hands regularly, or use a hand wipe, especially after using the toilet or commode, before meals and when they look dirty.

If you have a wound or a catheter, it is important not to touch them unless you have been advised to do so by your nurse. If you have been asked to empty your urine catheter bag or change a wound dressing, it is important to wash your hands before and after doing it.

What if I come back to hospital for an outpatient appointment?

We may place you towards the end of the clinic list.

You can sit in the waiting area, unless you have an MDRO infection or diarrhoea, in which case you will be seated in an unused clinic room. Please mention to clinic staff if you have an infection or diarrhoea when you arrive.

If you require a blood test then you may have blood taken in the clinic room, rather than going to the blood taking (phlebotomy) area.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Infection Prevention Team, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725860.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: access@york.nhs.uk

Previously titled Extended-Spectrum Beta-Lactamase (ESBL)

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