

**Infection Prevention
Multi Resistant Bacteria**

Information for patients and visitors



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Contents

	Page
What are multi-resistant bacteria?	2
How will I know if I've got multi-resistant bacteria?	2
How did I get multi-resistant bacteria?	2
What will happen to me?	3
What about treatment?	3
Will it affect my visitors?	3
How can I help stop the spread of multi-resistant bacteria?	4
Can I still go home if I have multi-resistant bacteria?	5

This leaflet is available in other formats and languages. If you require this leaflet in Braille, on audio tape or cd, in large print or another language please telephone 01904 725796.

What are multi-resistant bacteria?

Multi-resistant bacteria are a group of germs that do not respond to some of the antibiotics that we commonly use to treat infection.

Bacteria or germs are normally found on everyone both inside and outside the body and often live harmlessly inside your nose, mouth and on your skin.

If they get into the wrong place at the wrong time, they can cause an infection. Being multi-resistant can often make them harder to treat.

How will I know if I've got multi-resistant bacteria?

If staff think you have got an infection, they will take a specimen and send it to the laboratory. Either a doctor on your ward or nurse will let you know your results as soon as possible.

How did I get multi-resistant bacteria?

These bacteria or germs may already have been in your nose, mouth or on your skin before you came into hospital where they lived happily doing you no harm or you may have picked them up since coming into hospital.



When you are ill your body defences are normally weakened. Operations and other treatments may make you more prone to infection.

What will happen to me?

You may be asked to move into a side room to prevent the possibility of spreading infection to other people. Staff will sometimes be wearing gloves when caring for you; this is to help stop the infection spreading around the ward.

What about treatment?

Treatment is not always needed, but if you are unwell you will be given antibiotics that the bacteria or germ is sensitive to.

Will it affect my visitors?

Multi-resistant bacteria are not a risk to healthy people. Visitors will be asked not to move around the ward from patient to patient. If they are visiting someone else apart from you it is better that they visit you last. Visitors will be asked to clean their hands carefully before leaving the ward by either using soap and water or the disinfectant hand gel provided.

How can I help stop the spread of multi-resistant bacteria?

It is very important that you clean your hands with both soap and water or the disinfectant hand gel provided, particularly after using the toilet and before eating.

If you have difficulty in getting to the wash basin you can use hand wipes to clean your hands. Please ask a member of staff if you need help.

Please do not touch wounds, drips, catheters and other tubes. Having separate cloths or single use wipes for different parts of your body will also help when washing.

If you use the bath or shower these should be cleaned thoroughly after use. Please inform a member of staff as soon as you have finished washing.



Can I still go home if I have multi-resistant bacteria?

As soon as your doctor or nurse thinks you are well enough you can go home. Having multi-resistant bacteria will not stop this.

Multi-resistant bacteria should not affect any part of your day to day life, or any activities you are involved in.





Teaching and Training

York Teaching Hospital NHS Foundation Trust is involved in the teaching or training of medical staff who may be in attendance at some patient consultations. However, there is an 'opt out' option for any patient who prefers to see a doctor without training medical staff in attendance.

Patient Advice and Liaison Service (PALS)

Patient Advice and Liaison Service (PALS) is located in the main entrance of the hospital. They can be contacted on telephone number 01904 726262, answer phone is available out of hours or via email pals@york.nhs.uk.

Trust Core Values

Meeting the needs of patients and carers is at the centre of everything we do. We hope that you found this leaflet useful and informative.

If you would like to comment on it, please contact Infection Prevention Nurses, Infection Prevention Team, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725730.





If you require further information please contact the Infection Prevention Team, on telephone number 01904 725860.

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