



VETERAN AND FAMILY GUIDE

MULTI DRUG-RESISTANT ORGANISMS

Multi Drug-Resistant Organisms (MDROs) cause hard-to-treat infections. Hand hygiene is the single most effective way to prevent the spread of infections!

WHAT IS A MDRO?

A MDRO is a germ that is resistant to one or more classes of antibiotics. Infections caused by a MDRO are harder to treat with antibiotics. MDROs are becoming more common, but there are ways to prevent these germs from spreading and ways to prevent the growth of new drug-resistant germs.

GET VACCINATED

Vaccines can help prevent illness. The two most common illnesses that may be prevented by getting a vaccine are pneumonia and influenza (flu). Talk to your doctor to see if you need to be vaccinated.

CONTAIN GERMS

Patients are sometimes placed on precautions to control the spread of germs. The medical staff will tell you if you are on any type of precautions. These precautions help to prevent spreading germs to other people in the hospital. When precautions are advised, staff and visitors will wear protective gear such as gowns, gloves and masks.

DIAGNOSIS

Drug-resistant organisms can be found by testing samples of blood, nasal passages, urine, stool and wounds. X-rays and other tests can also help identify infections. Tell your doctor if you know you carry or have had infection from a MDRO such as:

- Methicillin-Resistant Staphylococcus aureus (MRSA)
• Clostridium difficile (C. diff)
• Vancomycin-Resistant Enterococcus (VRE)

TREATMENT

Infections do not always need to be treated with an antibiotic. Some wounds can be cleaned out to promote healing without any need for antibiotic therapy. Your doctor will choose the antibiotic (when needed) based on lab results.

Antibiotics are used to treat bacteria. They are not useful against viral infections.

If you have any questions, check with your nurse.



- *Practice hand hygiene every time you enter or leave your room.*
- *Remind staff and visitors to practice hand hygiene when they enter and leave your room.*



HOW TO PRACTICE HAND HYGIENE:

Use soap and water when:

- Hands are visibly dirty
- After you use the bathroom
- Before eating or touching food

TO CLEAN YOUR HANDS WITH SOAP AND WATER:

1. Wet your hands with warm (not hot) running water.
2. Rub your hands with soap and work up a lather.
3. Wash your hands completely. Rub your palms, sides, backs, thumbs, in between your fingers and under your fingernails for fifteen seconds or longer.
4. Rinse your hands well with warm (not hot) running water making sure you remove all the soap.
5. Pat your hands dry with a clean towel or paper towel.
6. Turn the water faucet off with the towel you used to dry your hands.
7. If your hands tend to be dry, use lotion to prevent chapping.

Alcohol-based hand sanitizers are a great way to clean your hands. Use them when your hands do not look dirty.

TO CLEAN YOUR HANDS WITH ALCOHOL-BASED FOAM SANITIZER:

Rub sanitizer all over your hands, under your nails and between your fingers until your hands are dry.



INFECTION CONTROL
is in everyone's hands



GULF COAST VETERANS HEALTH CARE SYSTEM
PATIENT EDUCATION | MDRO
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