

HOW DO I PREVENT CONTRACTING A MULTI-DRUG RESISTANT ORGANISM?



What is multi-drug resistant organisms (MDRO's)?

It's bacteria that is resistant to current antibiotics and it is very difficult to treat

Where might we find MDRO infections?

- Hospitals
- Long-term care facilities
- Dialysis centres
- Schools
- Day-care centres
- Prisons
- Other well-populated areas



Who is most likely to get a MDRO infection?

- Immune compromised patient (renal failure)
- Hospitalized for long periods of time
- Nursing home patients
- Recently treated with antibiotics.

How do we get MDRO infections?

- Personal contact with contaminated materials
- Close personal contact with infected individuals
- Sharing of personal items like towels and razors
- Some strains are spread by faecal matter and we can get it from countertops, toilets and rectal thermometers.
- Contaminated water



Signs and Symptoms

- Blood and wound infections that takes a long time to heal
- Fever, chills, coughing and pneumonia
- Diarrhoea not clearing up
- Inflammation of the colon
- Any fly like symptoms taking a long time to resolve
- Urinary tract infections.



How do I prevent getting a MDRO infection?

- Make sure all doctors, nurses and health care providers wash their hands before and after caring for you – ask them to do so if they are not
- Take full course of prescribed antibiotics, no half-doses or stop before completing the course
- Clean and wash your hands often
- Do not share personal items like towels and razors
- Wash and dry your clothes and bed linens in the warmest temperatures recommended on the labels

Patient
Tutorial