

Multi-Drug Resistant Organisms (MDROs): Patient Information

- ***What are multi-drug resistant organisms (MDROs)?***

When many types of antibiotics are no longer effective against bacteria, these bacteria are called multi-drug resistant organisms. People with MDROs may or may not have sign or symptoms due to MDROs. Because MDROs are resistant to various antibiotics they can be difficult to treat. MDROs may also include viruses, parasites and other microorganisms but bacteria are more common.

- ***How are MDROs treated?***

Successful treatment of an MDRO depends on the bacteria you have and what antibiotics they are resistant against. Your healthcare provider can provide you specific information regarding treatment.

- ***How are MDROs spread?***

MDROs are spread directly from person-to-person or indirectly from contact with environmental surfaces, medical devices or medical equipment as well as hands that may harbor the bacteria.

- ***What does this mean for my family members and/or caretakers?***

Frequent hand washing and cleaning of your surroundings especially those that come into contact with body fluids will reduce the risk of spread to family members and those who take care of you.

- ***What are healthcare facilities doing to prevent the spread of MDROs?***

- * Ensuring frequent and thorough hand hygiene practices of all medical staff who have contact with a patient and/or their surroundings.
- * Daily disinfection of a patient's room and any equipment before and after use on a patient as well as maintaining a well stocked and organized facility.
- * Precautions before and after entering your room as well as before and after your care (called contact precautions) and other steps such as testing of other patients who share the same room.
- * Limiting use of invasive devices such as urinary catheters.
- * Communicating between facilities regarding patient MDRO status.

- ***What can I do to prevent the spread of MDROs?***

- * Take all antibiotics prescribed completely and ask your physician or pharmacist if you have any questions regarding your antibiotic or the amount to take.
- * Inform current and future healthcare providers of your MDRO status.
- * Wash your hands with soap and water or hand sanitizer frequently when you are in a healthcare facility such as a hospital or doctor's office. Ask your healthcare provider to do the same prior to conducting your exam.
- * When at home, disinfect frequently touched items such as door knobs to prevent spreading a MDRO.
- * Talk openly with your provider, stay actively involved in your care and ensure that facilities are taking steps to prevent the spread of MDROs.