

**You can get further advice and information by**

- Asking your Doctor or Healthcare Professional

**Other sources of information about health and health care:**

- **Public Health England** works with national and local government, industry and the NHS to protect and improve the nation's health and support healthier choices.  
Website: [www.gov.uk/phe](http://www.gov.uk/phe)
- **NHS Choices** is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.  
Website: [www.nhs.uk](http://www.nhs.uk)

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## Infection Prevention and Control

### A Guide to Multi Resistant Gram Negative Bacteria (including CPE, ESBL, AmpC, E Coli, Klebsiella, Acinetobacter and Pseudomonas aeruginosa)



Information Leaflet

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## What are Multi-resistant Gram-negative bacteria?

'Multi-resistant Gram-negative bacteria' is a term covering many different bacteria, including Extended Spectrum Beta Lactamase (ESBL) producing *E.coli*; AmpC beta lactamases producing Enterobacteriaceae, Carbapenemase-producing Enterobacteriaceae (CPE); *Klebsiella*; some *Acinetobacter*, and some *Pseudomonas aeruginosa*. It does **not** include Meticillin-resistant *Staphylococcus aureus* (MRSA).

Depending on symptoms, a specimen of urine, blood, sputum or a wound swab is taken and sent to the microbiology laboratory for testing.

These germs live harmlessly in the gut of all humans and animals and help digest food. However, if they enter other areas e.g. the bladder or bloodstream they can cause infection. A small number of these bacteria can become resistant to the antibiotics they have previously been sensitive to in the past, which may mean that some antibiotics are no longer effective for treating these infections.

Sometimes these bacteria can be in your body (usually your gut) but you remain well. This is called colonisation, as you are well with no signs and symptoms of infection. If you are colonised you will not require any treatment with antibiotics, but if you become unwell your doctor may discuss treatment with you.

Individuals who have been on antibiotics are more likely to acquire these bacteria.

## How are the bacteria spread?

- From people already carrying the bacteria, especially if they have diarrhoea
- On your hands after using the toilet, commode, urinal or bedpan
- On the hands of healthcare workers who have not washed their hands properly after contact with an infected person or equipment
- On the hands of visitors who have not washed their hands properly after contact with an infected person or equipment

## Prevention of Infection

- The main way to prevent infection is by encouraging good hand washing practices among staff, visitors and patients
- Whether at home or in hospital, healthcare workers will wear disposable aprons/gowns and gloves whilst providing your care

## Do I need to be in hospital?

You may need to be in hospital because of your medical condition or because the bacteria have caused an infection and you may be transferred to a single room to help prevent spread of the infection.

## What about me and my visitors?

- Make sure you wash your hands after using a toilet/commode/bedpan/urinal; before eating or taking medication
- Hand wipes are a useful alternative if you cannot get to a hand wash basin
- Alcohol hand gel is not suitable for use after using the toilet commode/bedpan/urinal
- You can also help prevent the spread of infection by asking your healthcare worker and visitors if they have cleaned their hands
- All visitors should wash their hands with soap and water and/or use the alcohol gel on entering and leaving your room and the ward
- Due to the different types of patients in hospitals, it is important that you or your visitors do not visit patients in other parts of the ward or in other wards in the hospital
- Visitors must not sit on the bed, they must use the chair provided by the ward staff
- Your visitor will be instructed what personal protective equipment they require depending on national guidance at the time and will be instructed how to remove this safely.
- Ask your visitors to take your dirty washing home as soon as possible to be washed in the usual way, please ask a member of staff to access the locker for you

We expect very high standards of hand hygiene in Shropshire Community Health Trust's services, and audit standards regularly. Please speak to your nursing team or the Infection Prevention and Control Team should you have any concerns.

## What happens at home?

You may be discharged from hospital before your infection is cleared. Please complete any medication you have been given. Usual personal hygiene and household cleaning is sufficient. Restriction of activities or visitors is not necessary