



Catholic Home Care

Catholic Health Services

At the heart of health

Patient Name: _____ Date: _____

Instruction Guide for Patients with Multi Drug Resistant Organisms (MDROs)

You have an infection called _____ that is difficult to treat with certain antibiotics. These are caused by “Multi-Drug Resistant Organisms”, often referred to as MDROs. Your doctor will choose an appropriate antibiotic if needed to treat this infection.

Healthy people exposed to the bacteria normally would not be expected to get sick from it. However, some people who have a weakened resistance are at risk for MDRO infection. This might include people with chronic illnesses, open wounds, catheters, or people receiving chemotherapy or steroids.

The infection is normally spread through person-to-person contact. It is not spread through the air. In the hospital, special steps are taken to prevent passing the infection to other patients. This is a guide to prevent the spread of infection from one person to another at home.

Here are some really important things you can do to help in your care:

- Hand washing is the most important way to prevent the spread of infection to family members. Always wash your hands before and after caring for your loved one. Use an antibacterial soap or an alcohol based hand sanitizer such as Purell.
- Soap and water should always be used if you are experiencing diarrhea.
- Wear gloves when giving personal care such as bathing, making the bed, changing a bandage, or helping in the bathroom. Gloves should only be used one time, so throw them away when you are finished and wash your hands.
- Wear a smock or apron when helping with any of the care listed above. The smock can be washed in the laundry and re-used.
- Using household disinfectants clean any surfaces regularly touched by the patient, especially in the bathroom and bedroom.

- Apply lotion to your hands to prevent drying and cracking since hands will be washed often. If you have any broken skin or irritation, be sure to cover them.
- No special laundering procedures are necessary. Just use regular laundry soap and warm water.
- Do not share towels and wash cloths or any personal items.
- Hands should be washed before preparing food or drinks and before eating.
- Dishes should be washed in hot soapy water or in the dishwasher. Dishes used by the patient should not be shared between family members before they are cleaned.
- If you are changing a wound bandage, throw the dirty dressing away in 2 plastic bags and place in the outside trash can.

Will I ever get rid of these organisms?

Over time your normal skin organisms may take the place of the resistant organisms and you will no longer have to follow these guidelines. Your nurse or doctor will tell you when there is no longer any risk of infection to your family members.

*Remember, good hand washing is always recommended
to stop the spread of germs!*

Notes and Questions for my doctor or nurse: _____

References

Center for Disease Control and Prevention (CDC) website <http://www.cdc.gov>
Occupational Safety and Hazard Administration (OSHA) website <http://www.osha.gov>
World Health Organization website <http://who.int>