

### Communicate with Healthcare staff

If you visit your GP, Dentist or any other healthcare settings, please tell the staff that you were told you had Multi-Resistant Gram-negative bacteria. This will help to ensure that you are given the correct antibiotics should you need any.

#### Sources of further information:

- ◆ The Infection Prevention & Control Team – details below.
- ◆ Your general practitioner (GP) or consultant.
- ◆ Public Health England:  
<https://www.gov.uk/government/publications/extended-spectrum-beta-lactamases-esbls-treatment-prevention-surveillance>

#### Infection Prevention & Control Teams

**West Berkshire CCGs**

tbc

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Infection control team

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# Multi-Resistant Gram-Negative Bacteria

MH - IPCN	West Berks CCGs	Version 2	March 2018
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## What are multi-resistant Gram-negative bacteria?

Gram-negative bacteria are often found living naturally in the human gut, in water or soil. For many reasons, a small number of these bacteria can become resistant to the antibiotics that they have been sensitive to in the past. This may mean that some traditional antibiotics are no longer effective for treating infections caused by these bacteria.

'Multi-resistant Gram-negative bacteria' is a term that covers many different bacteria, including extended spectrum beta-lactamase (ESBL) or AmpC producing Enterobacteriaceae (such as *E. coli* or *Klebsiella* species), some *Acinetobacter* species, some *Pseudomonas* species and *Stenotrophomonas maltophilia*. It does not include MRSA.

## How are they spread?

Gram-negative bacteria can be passed from person to person directly or indirectly via contaminated hands or objects, and can then be introduced into the mouth, wounds or other entry sites into the body. They can also be acquired from another part of your own body. This is found most often in long-term care or critical care settings. The problem is usually first identified, however, when an individual presents in a hospital/GP Surgery and a specimen of urine, blood or a swab is submitted to the microbiology lab for culture.

## Do these bacteria always cause infection?

No. People often carry the bacteria without any symptoms or harm (called 'colonisation'), but it can sometimes lead to infection. If it does, then your doctor needs to ensure *you are given the correct antibiotics*.

## What infections can multi-resistant Gram-negative bacteria cause?

Infections can cause the same problems caused by sensitive strains of these bacteria. This could be a wound or urinary tract infection, pneumonia, or a bloodstream infection. The resistant bacteria do not cause more dangerous infections than sensitive strains, although they may be more difficult to treat.

## How can the spread of these bacteria be prevented in hospital?

People in hospital are more at risk of infection because their body defences are weakened by illness, surgery, medication, and the presence of invasive devices such as urinary catheters and intravenous lines.

It is preferable for patients with multi-resistant Gram-negative bacteria to be looked after in a single room.

The prevention of spread of bacteria relies mainly on everyone having good hand hygiene practices, particularly after using the toilet or caring for wounds or devices such as urinary catheters.

## What happens at home?

The presence of bacteria (which may disappear quite naturally), should not affect you or your family at home. Usual personal hygiene and household cleaning is sufficient and there are no restrictions to activities and visitors. If you have a wound and it becomes red, swollen or oozes, or you develop a fever, then please contact your GP as usual.