

Key reference source and further information

- www.gov.uk/government/collections/extended-spectrum-beta-lactamases-esbls-guidance-data-analysis

Contact details

Infection Control Team

Royal Surrey County Hospital
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Telephone: 01483 571122 **ext** 4580

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Multi-resistant gram negative bacteria (MRGNB): including ESBL and AmpC positive organisms

Infection Control Department



Patient information leaflet

What are multi-resistant gram-negative bacteria?

Gram-negative bacteria live in many parts of our body, including the gut and urinary tract. Some such bacteria are *E.coli*, *Klebsiella* and *Pseudomonas*.

In some people these bacteria become resistant to antibiotics. They do this by producing an enzyme such as ESBL or AmpC which prevent certain antibiotics from working.

How are MRGNB spread?

These bacteria can be spread in two ways:

- **Directly** – from person to person on the hands.
- **Indirectly** – from contaminated equipment which has not been cleaned properly.

Do MRGNB always cause infection?

No; people can carry MRGNB in the body without showing any signs or symptoms of infection. This is called colonisation. Antibiotics are not normally required to treat colonisation.

Can MRGNB infections be treated?

Yes, there are still antibiotics that will treat infection effectively. Your doctors may need to discuss treatment with the Consultant Microbiologist and/or Antibiotic Pharmacist.

How can the spread of MRGNB be controlled/reduced?

You may be moved to a single room for the duration of your hospital stay. This is to reduce the risk to other patients on the ward. People in hospital are at greater risk of infection because of illness, surgery and invasive devices e.g. urinary catheters and drips.

Ensure you wash and dry your hands after using the toilet and before you eat. Avoid touching any drips, drains and catheters etc.

Clinical staff will also take extra precautions to prevent the spread to other patients. For example they may use disposable gloves and aprons. Hand hygiene for everyone is also vitally important.

What about my visitors?

Your friends and family can still visit.

- Your visitors must clean their hands before and after visiting. Alcohol sanitising foam is effective. However, they can wash their hands with soap and water if preferred.
- Your visitors do not need to wear any protective clothing e.g. gloves and aprons.
- Your visitors must not sit or lie on your bed.
- Your visitors must not use the toilet in your room. Public facilities are available at main reception.

Will it affect my discharge from hospital?

No, as soon as you are well enough you can be discharged.

What happens when I go home?

- MRGNB is not a problem for people who are healthy and there are no restrictions on you or your family. You can socialise and resume your normal activities
- Normal personal hygiene (baths / shower) is encouraged.
- Normal household cleaning is adequate.
- Clothes should be laundered as normal.
- Whenever you attend a hospital or see another healthcare practitioner (including your GP and Dentist), you should inform them that you have had a MRGNB.

What is Royal Surrey County Hospital (RSCH) doing about MRGNB?

Infection prevention and control is taken very seriously at the RSCH. There are many guidelines and procedures in place to minimise the risks of acquiring an infection.

We also monitor any increase in resistant organisms in our wards and departments and check that correct infection prevention and control practices are followed.

If you require any further information please speak to the nurse in charge.