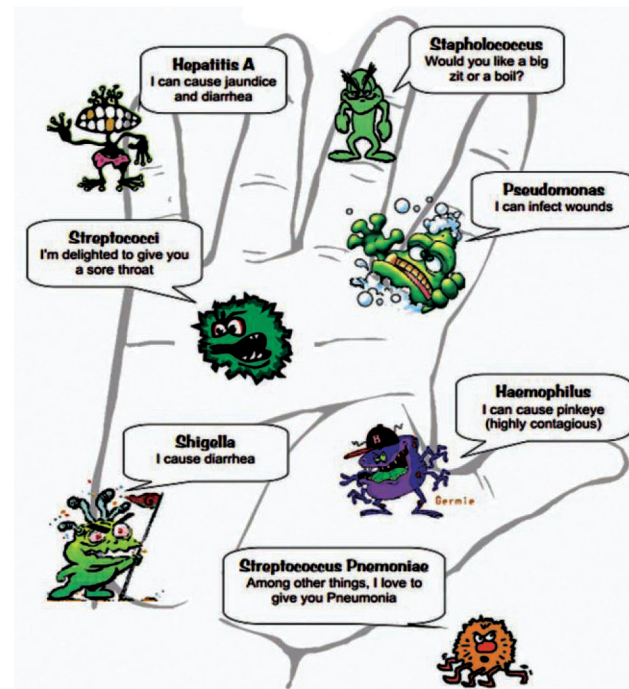


Multi-Drug Resistant Organisms



This brochure provides information about multi-drug resistant organisms. It is designed to respond to questions most frequently asked by patients and their families.

For further information:

Infection Control Committee
Aga Khan University Hospital - Karachi
Tel: 021 3486 1228-9

"Cover photo courtesy: Southeastern Idaho Public Health
http://www.sdhdidaho.org/comhealth/pdf/hand_germs.pdf"



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi.



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1. What does "resistant" mean?

Antibiotics are used to kill germs (also called bacteria) which are causing an infection. When bacteria are killed by the antibiotic it is called "sensitive". Unfortunately, some bacteria are now able to survive the effects of antibiotics and these are called "resistant". If bacteria cannot be killed by a number of different antibiotics it is called 'multi-drug resistant'.

2. What kinds of infections occur from resistant bacteria?

Bacteria can cause infections in all parts of the body. Some common examples are lung (pneumonia), urine (UTI), throat (pharyngitis) and stomach (gastroenteritis) infections. Resistant bacteria cause the same type of infections that sensitive ones do, though they are more difficult to treat.

3. Who can get an infection with resistant bacteria?

Anyone can get an infection with resistant bacteria. However, people who have used antibiotics or have been exposed to the hospital environment or to other patients with a resistant bacterial infection are more likely to be effected by these resistant germs.

4. How do resistant bacteria spread?

All bacteria, whether resistant or sensitive, can spread from person to person by direct or indirect contact with bacteria present in the environment. Depending on the bacteria, infection can also spread by coughing and directly from other bodily fluids.

5. How can you prevent the spread of resistant bacteria?

In the hospital, patients with resistant bacteria are usually placed in **contact isolation**. This alerts everyone taking care of the patient to use specific protection to help prevent spreading the germ from patient to other individuals. Hand hygiene, i.e. washing hands with soap and water or by using a hand sanitizer, is the most crucial step to prevent the spread of germs.

6. HOW DO I PRACTICE GOOD HAND HYGIENE?

Good hand washing technique comprises the following these steps:



Use of a hand sanitizer may be used as a substitute for soap and water. Hand sanitizers are also very effective in killing most germs on the hands.

7. What other practices help to prevent resistant bacteria?

- 1 always take antibiotics only if prescribed; finish all prescribed doses
- 1 do not request or take antibiotics for infections caused by viruses, such as colds or flu (antibiotics only work on bacteria)
- 1 always practice good personal hygiene
- 1 do not share personal items such as toothbrushes, make-up, lip balm or towels
- 1 follow hospital instructions when visiting someone in the hospital