

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

For infection prevention & control purposes and to keep you safe and well visitors are requested **not** to:

- Visit you if they are unwell or have been unwell in the previous 48 hours.
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

How can I find out more?

Contact the Infection Prevention & Control Department on:

Stoke Mandeville Hospital Tel: 01296 315337

Public Health England Tel: 0344 225 3861 (option 4, option 1)

NHS Choices Website: <http://www.nhs.uk/pages/home.aspx>

www.buckshealthcare.nhs.uk

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What is Multi-resistant Acinetobacter (MRAB)?

Patient information leaflet

If you require a translation or alternative format of this leaflet please call Infection Prevention & Control on 01296 315337.

Safe & compassionate care,

every time

What is MRAB/MRAB-C?

Acinetobacter is a bacterium that is found commonly in the environment (e.g. drinking water, soil, various foods and sewage). Approximately 25% of people may carry Acinetobacter on their skin or in their bowels without harm. Acinetobacter baumannii (A baumannii) **can** be resistant to some antibiotics and is called Multi-resistant Acinetobacter baumannii (MRAB). MRAB-C refers to MRAB that **is** resistant to a particular antibiotic.

Why is it a problem?

Within hospital environments A baumannii may cause infections such as pneumonia, skin, wound and urine infections. Multi-resistant A baumannii (MRAB & MRAB-C) can only be treated with a limited range of antibiotics. It is particularly problematic in Intensive Therapy Units (ITUs), burns and transplant units. It can also affect patients with spinal injuries.

How is it spread?

MRAB/MRAB-C is spread mainly by touch via hands or contact with equipment, therefore regular hand washing by carers is essential. The staff caring for you will wear gloves and aprons until the Infection Prevention and Control Team (IPCT) advise otherwise. Patients in the National Spinal Injuries Centre (NSIC) with MRAB/MRAB-C should refer to nursing staff for guidance on using general facilities i.e. kitchen, gym.

Is it necessary to take swabs?

Swabs may be taken at another hospital prior to your admission to Buckinghamshire Hospital NHS Trust (BHT), and will be repeated on admission to BHT.

Confirmation of the presence of MRAB / MRAB-C may occur via these swabs. The presence of MRAB / MRAB-C may indicate colonisation (presence of the bacteria with no adverse effects) or infection. This will help the IPCT to reassess your isolation requirements.

You will be asked to have a weekly or monthly screen taken depending on the ward you are on to allow monitoring for the presence of MRAB / MRAB-C.

Will I need special accommodation?

It may be necessary to care for you in a single room whilst in hospital. Sometimes there may not be enough single rooms and therefore a cohort bay may be used, where patients with the same infection /colonisation can be looked after together. The people caring for you will explain what is involved. There are no special requirements once at home.

Is MRAB/MRAB-C a risk to visitors?

MRAB/MRAB-C is rarely a problem for healthy people. It is not normally necessary for visitors to wear gloves and aprons. However if visitors are having close contact with patients who are isolated (e.g. helping with washing and dressing) we ask that they are worn. It is important that visitors wash their hands thoroughly with soap and water or use hand sanitiser when they arrive on the ward and before leaving your room. They should keep cuts and grazes on their hands covered with a dressing/waterproof plaster. Please ask the nurses if you are unsure. If you have not received the "Hand Hygiene Benefits Everyone" leaflet please ask your nurse for one.

Will it delay my discharge from hospital?

Usually there will be no delay if you are returning to your own home. If you are having rehabilitation it may be necessary for you to attend only specific group activities.

Can I do anything to help?

The most important ways you or your carers can help to prevent spread of Acinetobacter is to:

- **wash your hands/get assistance to clean your hands before you leave your room.**
- Ensure your room is kept tidy and items stored away as much as possible.
- Keep items on table tops and bedside lockers to a minimum so cleaning can take place.
- Please send any items home that you no longer use.
- If you use your own wheelchair in hospital talk to a member of staff about how to ensure this is cleaned regularly whilst you are an inpatient.