



## Testing for MDRAB

We may test some patients for MDRAB on admission to hospital. Examples are those admitted who are known to have had MDRAB in the past or known to have contact with someone with MDRAB in the past.

When a patient is found to have MDRAB other patients on the ward may be tested to see if they are carrying the same bug, especially when they are vulnerable and at risk.

MDRAB may also be found in specimens – blood, sputum, urine or pus – sent to the laboratory from sick patients.

## How MDRAB spreads

It can be spread by contact with an infected person.

It can be spread on the hands of staff and by contact with contaminated surfaces or objects (including sheets, towels, dressings, sinks).

## Preventing the spread of MDRAB

Scrupulous environmental cleaning is undertaken including ward areas and toilets.

To prevent it spreading to other vulnerable hospital patients, a patient with MDRAB will be moved to a single room or will be looked after with special precautions on the ward.

All staff should wash their hands with soap and water or use the alcohol hand gel provided in clinical areas.

This should be done before and after any contact with a patient.

Staff will wear long sleeved gowns when caring for a patient with MDRAB.

Personal items such as towels, face cloths, shavers and hairbrushes **must not be shared**.

Special care will be taken when the patient is moved to another ward, hospital or clinic.

## Treating MDRAB

Many patients with MDRAB will simply be carrying the bug and will not be infected.

Infections caused by MDRAB are treatable with a limited number of less commonly used antibiotics. MDRAB does not restrict other medical care that is needed.

## Risks for family members, visitors and hospital staff

There is very little risk to family members, pregnant women or children and hospital staff.

## Visitors

Visitors who are themselves unwell should not visit.

A visitor who has had a recent infection or illness, or has a medical problem which makes them vulnerable to infection, should check with the nurse before visiting.

Children and babies are vulnerable to infection and visiting may be restricted.

Visitors should check with the nurse in charge before visiting, especially if the patient has an infection.

Visitors should wash their hands with soap and water or use the alcohol hand gel provided in clinical areas, before and after any contact with a patient.

Visitors do not need to wear aprons or gloves unless helping with patient care or visiting other patients on the same day.

## Leaving hospital with MDRAB

When leaving hospital, patients who were found to have MDRAB or who are recovering from an infection, do not need to take the same precautions at home.

They do not pose an increased health risk to healthy people in the community, including babies and pregnant women.

However, if a relative or carer is helping to wash or dress a wound, it is important they wash their hands before and afterwards.

Bed linen and clothes can be washed as usual in a normal washing machine.

If re-admitted to hospital or admitted to another hospital, please alert staff to the history of MDRAB.

## For further information

Please contact the Infection Control Team on:  
**01392 402355**

Or you can go to the following website:

### **Public Health England**

[www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

This leaflet is based on a patient information leaflet from University College London Hospitals NHS Foundation Trust.

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