

MRAB **(Multi-resistant *Acinetobacter baumannii*)**

This information is for patients, relatives and carers. It explains what multi drug resistant *Acinetobacter* is, how it affects us, how it spreads and what we can do to stop it spreading.

What is *Acinetobacter*?

Acinetobacter is a type of bacterium (germ) that can be found in many sources in the environment, including water and soil. Some strains of *Acinetobacter* can cause infections.

What can *Acinetobacter* cause?

In most cases people with *Acinetobacter* will carry the organism but will not develop an infection.

Sometimes *Acinetobacter* causes skin or wound infections in patients who are ill; it can cause a lung infection (pneumonia) or an infection in the blood.

How is *Acinetobacter* spread?

Acinetobacter is mainly spread via hands, therefore hand washing with soap and water is very important. It could spread through contact with equipment so cleaning of all equipment is essential.

***Acinetobacter* does not usually pose a threat to healthy people, hospital staff or to family members or close contacts of an infected patient.**

How is *Acinetobacter* treated?

Many strains of *Acinetobacter* are easily treated with common antibiotics. However, some strains are resistant to common antibiotics and this is called Multi-Resistant *Acinetobacter Baumannii* (MRAB) or Multi Drug Resistant (MDR) *Acinetobacter*. Infections with MRAB are more difficult to treat.

Not all patients with MRAB need antibiotics. Sometimes the bacteria live on skin or in wounds without causing an infection.

How do I know if there is an infection?

Fever, redness around the wound, increasing pain and thick, foul smelling pus from wounds are all signs of infections. If you have any of these signs or symptoms, please contact your doctor for diagnosis. Swabs may be sent to the laboratory for testing.

Who is at risk of infection?

People most likely to be infected are those who are already ill and have been admitted to the hospital and those who have low immunity, such as patients with burns and intensive care patients.

What will this mean for my hospital care?

All patients who have a positive result for MRAB will be given a side room away from other patients and an allocated bathroom.

You must make sure you wash your hands well with soap and water after using the toilet and before meals. Wet wipes are also available, so please ask. **Please note:** alcohol hand rubs are not effective against some germs so please ask the staff what to do.

Staff will wear aprons and gloves to care for you, and wash their hands before and after giving you care. This will help prevent the spread of infection to other patients.

Can my washing be sent home?

Yes, laundry can still be taken home and washed as usual. Wash soiled laundry on a separate cycle and at 60°C if the fabric will withstand the temperature.

Can I have visitors?

Yes, you can have visitors as Acinetobacter does not usually pose a threat to healthy people, hospital staff or to family members or close contacts of an infected patient.

Your visitors will be asked to report to the nurse in charge before visiting and to wash their hands as they come and go with soap and water.

We ask that people who are unwell stay away until they are better (e.g. if taking antibiotics or have an upset stomach, heavy cold or chest infection). If you are in doubt, you should discuss this with the staff looking after you.

When visiting, your friends and relatives will be required to wear gloves and gowns. They should never touch a wound or device, such as a drip or catheter. Visitors should not sit on your bed and may only use public toilets.

What will happen when I go home?

You will wait until your medical team are satisfied that you are fit for discharge. They will let you know if you need to continue treatment at home.

When you go home you should:

- continue to wash your hands with soap and water
- carry out your personal hygiene regularly

- advise your family to wash their hands with soap and water, if they have helped care for you

The hospital has an infection prevention and control team; they are:

Sheila Loveridge – Lead Infection Control Nurse Specialist

Sarah Prevett - Infection Control Nurse Specialist

A Consultant Microbiologist

Jo Thomas - Director of Infection Prevention and Control

Further questions:

Should you have any further concerns or questions then please do not hesitate to speak to the ward staff or ask them to contact a member of the team:

Infection Prevention & Control Team

Tel: 01342 414341

Please ask if you would like this leaflet in larger print or an alternative format.

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