

Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

You should disinfect your hands:

- » Before entering and after leaving your room
- » Before eating
- » After using the toilet
- » Before and after contact with your own wounds or mucous membranes
- » Before and after you administer injections independently (e.g. insulin), catheterise or apply dressings

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.

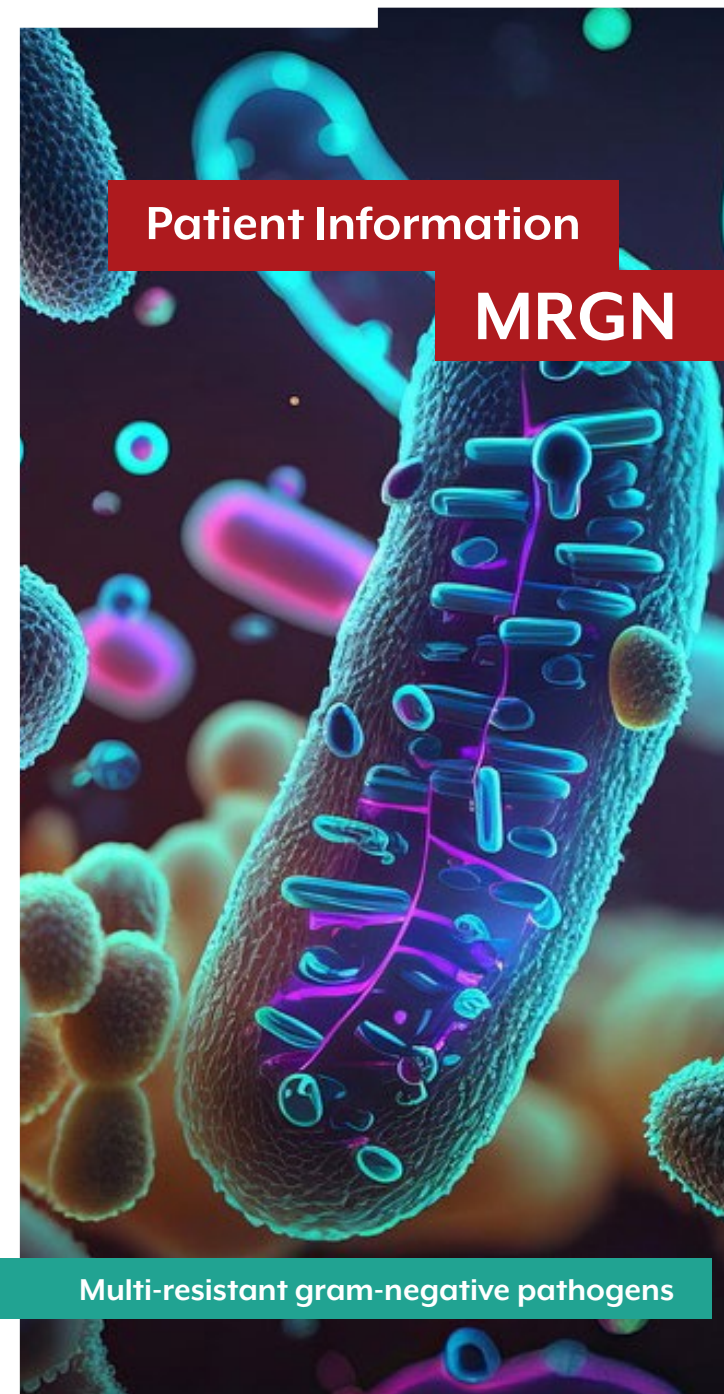


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* The generic masculine is chosen to improve readability.
Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

Patient Information

MRGN



Multi-resistant gram-negative pathogens

Multi-resistant gram-negative pathogens (MRGN)

What is it?

Multi-resistant gram-negative bacteria (MRGN bacteria) is a collective term denoting a large group of different bacteria. Besides many differences, these bacteria have one important thing in common: They are resistant, i.e. insensitive, to antibiotics that are frequently used. A differentiation is made between bacteria that are insensitive to four (4MRGN) or three (3MRGN) specific groups of antibiotics.

The germs are found in the gastrointestinal tract or on the skin, depending on the bacterial group.

Healthy people who are colonised with MRGN bacteria are referred to as MRGN carriers. It is only necessary to seek treatment if MRGN bacteria, for example from the skin or intestines, enter wounds or the bloodstream and trigger an MRGN infection.

How is MRGN transmitted?

The bacteria can be passed by both persons infected with MRGN and MRGN carriers.

- » From person to person
The hands are the main route of transmission.
- » From animal to person
- » Through objects or food

When and how is an MRGN examination performed?

An examination for MRGN (screening) is performed for certain risk groups:

- » Those who have had contact with 4MRGN positive patients.
- » Those who have had contact with the healthcare system abroad in the last 12 months.
- » Those who have been hospitalised (more than 3 days) in a German hospital in the past 12 months.
- » Those who are admitted to our intensive care unit.

Screening is conducted using a swab in the anal region as standard. If the patients have wounds or catheters, these are also swabbed.

What is the correct conduct with MRGN?

Please follow the instructions given by our employees. You should only leave your room when it is absolutely necessary!

Please observe the following hygiene regulations:

- » Always thoroughly disinfect your hands before proceeding with any task.
- » Only use the toilet/commode chair assigned to you.
Do not use communal toilets!

- » Close the toilet lid before flushing.
- » Avoid any direct physical contact with other people (shaking hands or hugging).
- » If you are going to leave the room, disinfect your hands and then put on a protective gown. Our employees are always happy to help.
- » Do not hang around in communal areas (cafeteria or common areas of the ward).

How long do I need to be isolated with MRGN?

The isolation measures are sustained until the germ can no longer be detected.

Please ask your visitors to:

- » Report to the nursing staff ahead of entering your room! This is vital so that they can be informed about the necessary protective measures.
- » Avoid any unnecessary contact with your surroundings (e.g. hospital bed, bedside table).
- » Always carry out thorough hand disinfection.

How is MRGN treated?

Certain antibiotics are used if an infection with MRGN is present. It is possible for MRGN colonisation in healthy individuals to disappear on its own. There is no recommendation to sanitise a colonisation with MRGN.