

## Who are we?

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### Objective

Our aim is to combat the spread of multi-resistant pathogens.

### Participants

- Westküstenkliniken gGmbH (Heide und Brunsbüttel)
- Kreis Dithmarschen
- St. Georg gGmbH
- St. Johannis gGmbH
- Rettungsdienst-Kooperation in Schleswig-Holstein (RKiSH) gGmbH
- Pflegeservice Albersdorf
- Pflegewerk Albersdorf gGmbH Haus Möller & Tiessen
- Seniorenresidenz Dethlefsen
- Alten- und Pflegeheim Am Kaiser-Wilhelm-Kanal
- Haus Uthaven GmbH
- Pflegezentrum Marsch und Geest
- DRK -Altenhilfezentrum „Ernst-Heinrich-Detlefs-Haus“
- DRK -Altenhilfezentrum „Haus Süderdöfte“
- DRK -Altenhilfezentrum „Haus am Park“
- DRK KV-Dithmarschen
- Sicher-Daheim GmbH „Juhlsche Villa“
- Pflegeheim Kohlsaar
- Reha-Haus-Buchholz GmbH
- Seniorenhaus Lunden GmbH & Co. KG
- DOMICIL-Seniorenpflegeheim Am Markt GmbH

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MRP Network Dithmarschen

## What else would I like to know?

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Institutions' stamp



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## VRE, 3+4 MRGN - What is it?

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### Information for relatives of residents/clients

with multi-resistant pathogens  
in inpatient care facilities  
and in outpatient care

MRP Network Dithmarschen  
MULTI-RESISTANT PATHOGENS

## VRE, 3+4 MRGN - What is it?

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Many bacteria that were originally not very dangerous for the human body have in recent years developed a resistance to antibiotics and have thus become a medical problem. It is currently not possible to completely kill these bacteria in the body. The spread can be minimized only by strict adherence to standard hygiene procedures.

In Germany, infections with gram-negative bacteria (these have a specific internal structure) are treated with 4 different antibiotic groups.

**VRE** (vancomycin-resistant enterococcus) are bacteria that are resistant to one of the 4 groups of antibiotics. (Vancomycin belongs to the group of glycopeptide antibiotics).

**MRGN** (multi-resistant gram-negative rods) are bacteria that are resistant to multiple antibiotic groups.

**3MRGN** are resistant to 3 of 4 existing groups of antibiotics.

**4MRGN** are resistant to 4 of the 4 antibiotic groups. In other words, they are resistant to all antibiotics.

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## What should I do?

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The affected person does not need to be isolated and may participate in normal social life.

- **Hand hygiene is the most important thing - because pathogens are primarily transmitted through direct or indirect contact via the hands.**
  - **Wipe toilet seats, sinks, taps, handles etc. at least once daily with disinfectant.**
  - **The affected person should have their own grooming items (for example, soap, dental care products and towels).**
  - **Laundry must be washed at a minimum temperature of 60°C.**
  - **Cutlery and dishes must be washed at a minimum temperature of 65°C.**
  - **If the intestines are colonized, it is recommended that the affected person uses their own toilet.**
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## What should be done where?

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### **For certain activities**

(for example removing fluid or air and oral care), mouth and nose protection should be used.

Disinfect the prescribed areas.

Apply an antiseptic treatment to any wounds.

Dispose of clothes and waste immediately after care activities.

### **Transport**

If the affected person is hospitalized or transferred to another home or care centre (also for X-ray examination), the colonization or infection must be declared.

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