

Multi-drug resistant Pseudomonas

What is it?

- Pseudomonas is a germ or bacteria that is found naturally in soil, water and plants.
- It is often able to grow and survive in standing water and solutions including disinfectants.
- The increased use of antibiotics has led to the creation of types of pseudomonas which are hard to treat – called multi-drug resistant because many antibiotics used to treat infections do not work.
- Sometimes these bacteria cause infections.
- Pseudomonas can also be found on the body without causing infection. This is called the carrier state. No treatment is required.

How is it spread?

- It can be spread by touching people who have it or handling things that they have used.
- It is found in sink drains, faucets, counters and can be spread by splashing water on face cloths.

How do we stop the spread?

- Cleaning your hands is the best way to stop the spread.

Who can get it?

Pseudomonas is not harmful to healthy people. Some risks include:

- frequent use of antibiotics
- frequent hospital stays
- admission to the ICU or other critical care areas
- poor nutrition
- being elderly
- use of a urinary catheter
- poor hygiene
- open wounds

Is there treatment for it?

- If you have an infection there are some antibiotics that can be used.
- If you have it, but are not sick from it (carrier state), no treatment is needed.
- It may clear up on its own.

What happens if I have it?

Hospital/Long-Term Care

- A sign may be put on your door that says “Contact Precautions” (isolation).
- You may have to be moved to another room.
- You may need to stay in your room.
- People entering your room may need to wear gloves and a gown, and remove them when leaving.
- You may have a toilet or commode for your use.
- If you need to leave your room a staff member will help you get ready. You will need to wear clean clothing.
- Clean hands well and often.

Home

- Clean your hands well. Family and friends should clean their hands well, especially if they have contact with you such as helping you to the toilet.
- Clean the toilet and sink at least weekly with a disinfectant cleaner.
- Anyone who provides hands on care may need to wear gloves and gown.
- Wash laundry with detergent and warm or hot water.
- Wash dishes in your usual way.

It is expected that health care providers clean their hands before they touch you. Don't be shy, please remind them.

Adherence to Infection Prevention and Control measures by staff and visitors is required to prevent the spread of infection.

<p>Stop the spread of germs and infection. Clean your hands.</p>	
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This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.