BRMO screening - onderzoek naar bacteriën - Engels

BRMO screening - research on bacteria

This leaflet contains general information about Multidrug-Resistant Organisms (BRMO in Dutch). These bacteria are resistant to one or more antibiotics. You will also read why and how you will be monitored for this. This check is called BRMO screening.

What is a bacterium?

Bacteria are organisms visible only under a microscope. Every person carries bacteria, most of which do useful work. Bacteria in the intestines, for example, help digest our food. The bacteria on our skin keep out harmful invaders. However, bacteria can sometimes cause an infection, such as a bladder infection or pneumonia.

What are antibiotics?

Antibiotics (medicine) can cure infections caused by bacteria. Antibiotics kill the bacteria or inhibit their growth. The best-known antibiotic is penicillin. Penicillin was the first medicine that helped humans protect themselves from harmful or deadly bacteria. Many types of antibiotics have since been added. Each antibiotic works against different bacteria.

Spaarne Gasthuis

What are Multidrug-Resistant Organisms (BRMO)?

Multidrug-Resistant Organisms or BRMO, are bacteria that are resistant to standard antibiotics. People can carry these bacteria in the nose, throat or intestines, for example, and healthy people are rarely affected by them. However, people with weakened immune systems (sick) can get infections.

BRMOs are increasingly common, including in people who:

- have been admitted to a hospital in a foreign country
- work in the intensive livestock farming sector
- have travelled under less hygienic conditions (refugees)

What is special about these BRMOs?

An infection caused by normally susceptible bacteria can be treated with standard antibiotics. An infection caused by BRMO is more difficult to treat. Standard antibiotics cannot inhibit or kill the growth of the BRMO. Fortunately, BRMOs can be inhibited or killed with other special antibiotics.

There are many types of bacteria. Each bacterium has its own name, and they are often abbreviated. Examples include:

- ESBL bacteria (Extended Spectrum Beta-Lactamase)
- Q&A resistant bacteria (Quinolones & Aminoglycosides)
- CPE bacteria (Carbapenemase Producing Enterobacteria)
- VRE bacteria (Vancomycin Resistant Enterococcus)
- MRSA (Methicillin Resistant Staphylococcus Aureus)
- Other examples include Acinetobacter, Pseudomonas or Stenothrophomonas

How can I get a BRMO?

In the Netherlands, these BRMOs are not yet very common. In places where lots antibiotics are used, there is a greater chance of catching a BRMO, such as at foreign hospitals or on an intensive livestock farm.

Who is screened for a BRMO?

Dutch hospitals do not want these BRMOs to spread further, so people are screened. Our employees also take extra measures. You will be admitted to a single room to prevent possible spreading. You will be checked if you:

- Have been treated or admitted to a hospital or healthcare facility abroad in the past two months.
- Live in an asylum centre, refugee shelter or the detention centre near Schiphol Airport. Come from a war zone.
- Have been treated or admitted to a hospital or healthcare facility abroad for more than two months and still have certain symptoms, such as persistent wounds, a wound with pus or a boil.
- Carry a resistant bacterium or have a roommate or caregiver who carries a resistant bacterium.
- Have direct contact with live pigs, veal calves or broilers intended for the meat industry.
- Have been admitted to a Dutch healthcare facility in the past two months where there was an outbreak of a resistant bacterium.

If you are taking antibiotics now, please report this to your nurse or doctor!

How will I be tested?

Testing is done by taking several cultures. This check is called '**abroad screening'.** The cultures are sent to the laboratory. Until the results are known, hospital staff will take extra precautions when visiting, caring for or examining you. The 'Nursing in Isolation' leaflet tells you exactly what these measures mean for you.

The results will be known in 4-5 days.
You will then hear whether you are a carrier of a BRMO.

- If you carry one of these BRMOs, your doctor will discuss any consequences with you. You can read information about this in the leaflet 'Multidrug-Resistant Organisms (BRMO and MRSA)'.
- If you are not a carrier of one of these BRMOs, employees no longer need to take extra measures.

What can I do to prevent the spread of bacteria?

Good hygiene is very important. Clean hands prevent the spread of viruses and bacteria. This also applies to BRMO. To minimise risk, it is important to wash your hands.

- In the hospital, you do this by regularly rubbing your hands with hand sanitiser.
- At home and with visible dirt, wash hands with soap and water. After washing, dry your hands carefully with a clean towel or paper towel.

When do you use hand sanitiser or wash your hands?

- Before dinner.
- After going to the toilet.
- After you use a chamber pot or urinal.
- Before and after you care for your wound.
- After coughing or sneezing.

Cough and sneeze into the sleeve of your shirt or a tissue, **not** into your hand.

The back of the leaflet has pictures showing how to use the hand sanitiser.

Questions and telephone numbers

It's important that you receive clear and accurate information. If you have any questions after reading this leaflet, ask the doctor's assistant, nurse or doctor.
You can also direct your questions to the Infection Prevention Department at +31 23 224 0961 or via email: infectiepreventie@spaarnegasthuis.nl

Our locations

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Hand hygiene instruction card

May I have 30 seconds of your time?

1

Put hand sanitiser in the palm of your hand

2

Spread the hand sanitiser over your hands and wrists

3

Rub the right palm on the back of your left hand and vice versa

4

Rub your palms together and between your fingers

5

Rub your knuckles in your palms

6

Rub your left and right thumbs

7

Rub your left and right fingertips on your palms and then around your wrists

8

Keep rubbing until your hands are dry

This hand hygiene instruction card accompanies the 'Hand Hygiene' working procedure.