



**LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
ACUTE COMMUNICABLE DISEASE CONTROL PROGRAM**

**SUMMARY OF RECOMMENDED INFECTION CONTROL GUIDELINES  
FOR PREVENTION AND CONTROL OF MULTIDRUG-RESISTANT ORGANISMS  
IN LONG-TERM MEDICAL CARE FACILITIES**

**Definition**

Multidrug-resistant organisms (MDROs) are micro-organisms resistant to at least one class of antimicrobial agents. Examples include methicillin-resistant *Staphylococcus aureus* (MRSA), vancomycin-resistant enterococci (VRE) and certain Gram-negative bacteria.

<b>CONTROL MEASURE</b>	<b>ACTION</b>
Acceptance of patients by long-term medical care facility (e.g., skilled nursing facility or intermediate care facility)	Long-term medical care placement should not be refused based on known colonization or infection with a multidrug-resistant organism (MDRO).
Standard precautions	Most residents colonized or infected with MDROs can be cared for using Standard Precautions.
a. Room placement	Private rooms are not required for residents colonized or infected with MDROs. Residents with MDROs may be cohorted with other residents with the same MDRO. If this is not possible, residents with MDROs may room with other residents who have intact skin, do not have invasive devices (e.g., intravenous lines, urinary catheters, tracheostomy), are not significantly immunocompromised, and are not colonized or infected with a different MDRO.
b. Handwashing	Soap and water is preferred; rub hands together vigorously for at least 15 seconds, then rinse hands with water, and dry with a disposable towel. May use an alcohol-containing hand rub if hands are not visibly dirty. Hand hygiene is necessary before and after resident contact, before food preparation or serving, after removing gloves.
c. Gloves	For contact with blood, body fluids, secretions (including urine, feces, wound drainage, skin lesions), and items contaminated with blood or body fluids. Do not wear the same pair of gloves for the care of more than one patient.
d. Gown	When soiling of clothing or contact with soiled surfaces is likely. Do not wear the same gown for the care of more than one patient.
e. Mask, goggles	When patient care is likely to generate splashes of blood or body fluids, or when performing activities (e.g., suctioning) on a resident that may expel droplet secretions. Do not wear the same mask/goggles for the care of more than one patient.
f. Environmental controls	Use an Environmental Protection Agency-registered disinfectant on surfaces, including floors, furniture, and bathrooms. Review the manufacturer's recommendations for application and contact time.

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Contact precautions	Consider resident's clinical situation and prevalence or incidence of MDROs in the facility. May be indicated in residents with MDRO colonized or infected sites whose infected secretions or drainage cannot be contained (i.e., wounds that cannot be covered fully, stool or urinary incontinence). A private room is preferable if patient is on contact precautions. Staff caring for a patient on contact precautions should wear gown and gloves for all interactions with the patient or potentially contaminated areas in the patient's environment. PPE should be donned before entering the patient's room and discarded before exiting the patient's room.
Duration of contact precautions	Once resident's secretions or drainage is contained, contact precautions may be discontinued. Bacterial culturing is <u>not</u> necessary to discontinue contact precautions.
Reculturing	Unless clinically indicated, repeated culturing is not generally recommended since residents may remain colonized for a prolonged period or may be intermittently colonized.
Decolonization and antibiotic usage	Decolonization is not routinely recommended. Antibiotics should be used to treat suspected or confirmed clinical infections, not colonization.
Transfer of patients	When residents colonized or infected with MDROs are transferred to acute care, another long-term care facility, dialysis center, or other healthcare setting, the receiving facility should be notified.
Patient activity	Residents colonized or infected with MDROs may use common areas and participate in group activities if drainage from wound can be contained with a clean barrier dressing, if fecal/urine incontinence can be contained in a diaper or ostomy bag, and secretions are controlled.
Reporting requirements	Single cases of MDROs are not reportable. A sudden increase in cases or possible outbreaks are reportable to Los Angeles County Department of Public Health at 1-888-397-3993, during normal business hours M-F and after hours at (213) 974-1234.

Additional resources are available from the California Department of Public Health, the Centers for Disease Control and Prevention, and the Minnesota Department of Health:

- <http://www.cdph.ca.gov/pubsforms/Guidelines/Documents/armgdepp1999.pdf>
- <http://www.cdc.gov/ncidod/dhqp/pdf/ar/mdroGuideline2006.pdf>
- <http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/lcguideline.html>

For additional information or questions, please contact the Acute Communicable Disease Control Program at (213) 240-7941 or your local health district.