

Multi-Drug Resistant Organisms

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Common Organisms in Nursing Facilities

Updated April 2024



This presentation is produced and presented by Carilion Clinic through the
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long-term care facilities in Southwest Virginia with their
infection prevention and control programs.

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- For educational purposes only
- No endorsement of products, software, or tools

Audience

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Infection
Preventionist

Clinical Staff

Objectives



Identify ways to prevent & manage the spread of drug resistant organisms



Explain the differences of ESBL and CRE drug resistant organisms



Describe the mode of transmission of common multidrug resistant organisms in long-term care facilities



Describe the characteristics of common multidrug resistant organisms



Identify diseases caused by multidrug resistant organisms in long-term care



Apply infection control principals to the management of multidrug resistant organisms

Introduction

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- Multi-drug resistant organism (MDRO)
 - An organism (bacteria or fungus) that develops the ability to defeat the drugs (antibiotic or antifungal) designed to kill them
- CDC Estimates (2019)
 - More than 2.8 million drug-resistant infections annually
 - More than 35,000 deaths due to MDRO infections
- Studies by McKinnell et al., (2020), and Gontjes et al., (2022)
 - Estimated 50-60% of residents in nursing homes are colonized with an MDRO
 - Estimated half to three-quarter of rooms are contaminated with an MDRO
 - Associated with overprescription of antimicrobials

CDC (2022, October 5) Antimicrobial Resistance: About Antimicrobial Resistance. Retrieved from: <https://www.cdc.gov/drugresistance/about.html>

Gontjes, K. J., et al. (2022, February 1) Association of Exposure to High-risk Antibiotics in Acute Care Hospitals With Multidrug-Resistant Organism Burden in Nursing Homes. Retrieved from: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2788560?resultClick=1>

McKinnell, J. A., et al. (2020, June 16) High Prevalence of Multidrug-Resistant Organism Colonization in 28 Nursing Homes: An "Iceberg Effect". Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7708431/>

Methicillin-resistant *Staphylococcus aureus*

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Methicillin-resistant *Staphylococcus aureus*

What is it?

- Gram positive bacteria

Where is it found?

- May be found on the skin
 - Doesn't cause harm until it enters the body
 - Soft tissue infections are the most common type of MRSA infection
- Found in the nose of approximately 30% of the population
- Found in the community and hospitals

Methicillin-resistant *Staphylococcus aureus*

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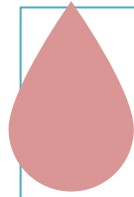
Transmission

- Contact
 - Direct touch of an infected wound
 - Contaminated hands of healthcare workers



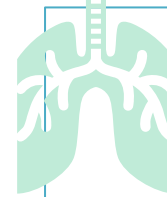
Methicillin-resistant *Staphylococcus aureus*

What does it cause?



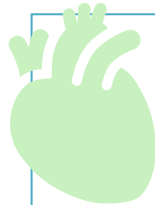
Bacteremia or sepsis

- When in the blood
 - Direct contact (touching wound or inserted device)



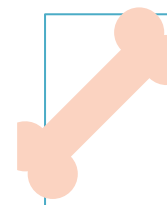
Pneumonia

- Often affecting ventilated residents



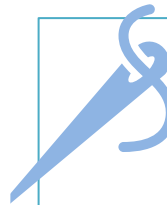
Endocarditis

- Infection of the heart valves
 - Leads to heart failure or stroke
- Common among IV drug users

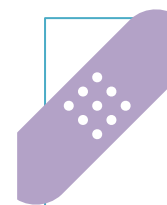


Osteomyelitis

- Bone infection caused by
 - Bacteria in the blood
 - Trauma (puncture, IV drug use)



Surgical Site Infections



Skin & Soft Tissue Infection

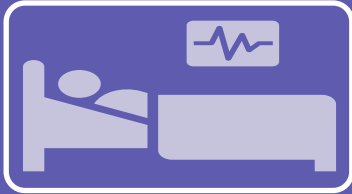
- Cellulitis
- Necrotizing fasciitis
- Diabetic foot ulcers

MRSA – Risk Factors



Communities

- Sharing items (Towels, razors)
- IV drug use



Medical Conditions

- Diabetes
- Cancer
- Cardiovascular disease



Hospitalizations

- Prolonged admissions
- Surgeries
- Medical devices in body
- Exposure to patients with organism



Nursing Facilities

- Medical devices in body
- Uncovered or draining wounds
- Exposure to residents with organism

MRSA Prevention & Management

- Enhanced Barrier Precautions
- Contact Precautions (When Appropriate)
 - Hand Hygiene
 - Wear Appropriate PPE
 - Appropriate handling & disposal of PPE & linen
 - Dedicated equipment
- Appropriate Dressing Changes
 - Contain and cover draining wounds

MRSA Prevention & Management

- Clean and Disinfect Equipment Between Uses/Residents
- Routine Environmental Cleaning & Disinfection
- Monitoring & Surveillance
 - Line List
 - Audits
 - Appropriate reporting to state & federal agencies
- Resident Care Plan Review

Review Questions

Mr. Bond is colonized with MRSA.

Mrs. White has MRSA in a draining wound.

- What is the appropriate precaution for Mr. Bond?
 - Enhanced Barrier Precaution
- What is the appropriate precaution for Mrs. White?
 - Contact Precaution Isolation

Vancomycin-resistant Enterococci

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Vancomycin-resistant Enterococci

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Enterococci

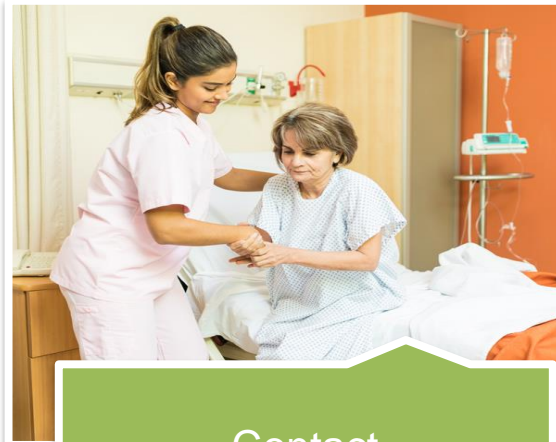
- Bacteria commonly found in the intestines and female genital tract
- These bacteria are also found in the environment
 - Soil
 - Water

Resistance

- Vancomycin no longer kills the organism

Vancomycin-resistant Enterococci

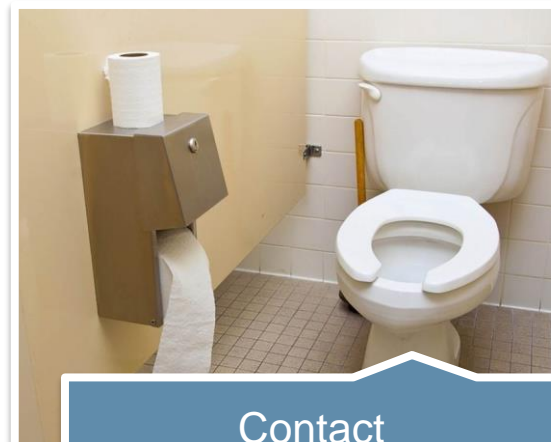
Transmission



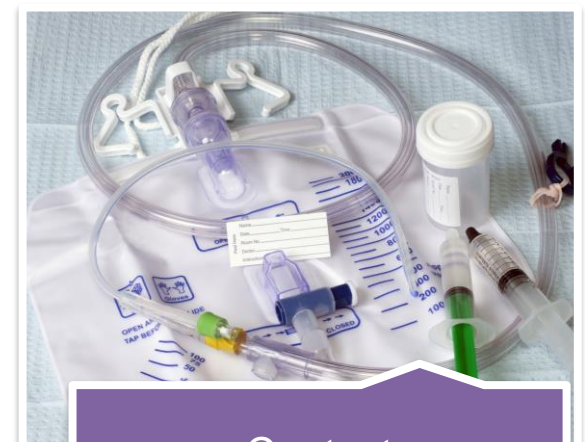
Contact
Person to Person



Contact
Contaminated Equipment



Contact
Contaminated
Surfaces/Environment



Contact
Bodily Fluids

Vancomycin-resistant Enterococci

Who is at risk?



Anyone with history of, or on current treatment with antibiotics for long periods



Previously hospitalized



Anyone who underwent a surgical procedure



Anyone with inserted devices

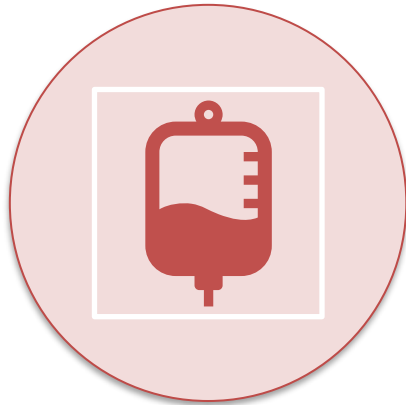
Urinary catheter
IV, midlines, central lines



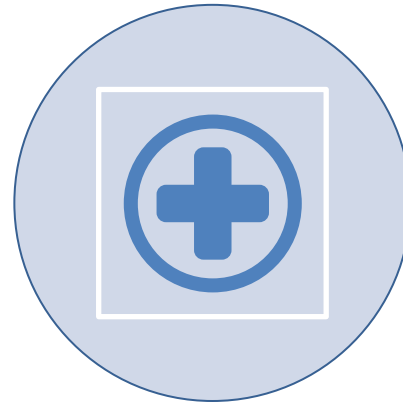
Immunosuppressed / Immunocompromised

Vancomycin-resistant Enterococci

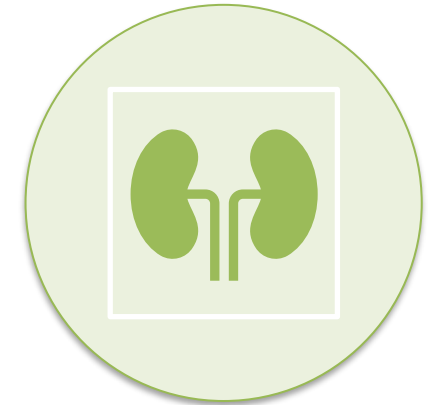
Common Infections



Bloodstream
Infections



Surgical Site
Infections



Urinary Tract
Infections

VRE Prevention & Management

- Enhanced Barrier Precautions
- Contact Precautions (When Appropriate)
 - Hand Hygiene
 - Wear Appropriate PPE
 - Appropriate handling & disposal of PPE & linen
 - Dedicated equipment
- Appropriate device care using appropriate infection control techniques
 - Foley Catheter
 - Intravenous Access Management

VRE Prevention & Management

- Clean and Disinfect Equipment Between Residents
- Routine Environmental Cleaning & Disinfection
- Monitoring & Surveillance
 - Line List
 - Audits
 - Appropriate reporting to state & federal agencies
- Resident Care Plan Review
- Place in private room, cohort residents with VRE, or with person with low risk of acquiring VRE

Review Question

You have a new admission with a VRE infection. The only private room is being utilized by a COVID positive resident. Which would be the most appropriate action for the nurse?

- A. Cohort with Resident #1, a 96 y/o with history of COPD
- B. Cohort with Resident #2: 40 y/o with mental health disorder
- C. Cohort with Resident #3: 70 y/o with MRSA & draining wound
- D. Cohort with Resident #4: 67 y/o undergoing chemotherapy

Enterobacterales Family

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Enterobacteria

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graph TD; A[Enterobacteria] --> B["Extended Spectrum Beta Lactamase (ESBL)  
Producing  
E. Coli  
Klebsiella pneumoniae"]; A --> C["Carbapenemase Producing  
E. Coli  
Klebsiella pneumoniae"];
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Extended Spectrum Beta Lactamase (ESBL)
Producing
E. Coli
Klebsiella pneumoniae

Carbapenemase Producing
E. Coli
Klebsiella pneumoniae

Extended-spectrum Beta-lactamases

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ESBL Producing Organisms

Extended-spectrum Beta-lactamase Organisms

- Gram negative bacteria
 - Outer membrane protects the cell
 - Can share drug-resistant genes
- Produces enzymes that break down beta-lactam antibiotics
 - Enzymes make the antibiotic ineffective
 - Carbapenem antibiotics last resort for serious infections

ESBL Organisms

- Location of most ESBL Organisms
 - Gastrointestinal tract
- Transmission
 - Contact with contaminated hands and surfaces

ESBL Organisms

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Escherichia coli (E. coli)

Klebsiella pneumoniae

Pseudomonas aeruginosa

Neisseria gonorrhea

Haemophilus influenzae

Klebsiella oxytoca

Proteus mirabilis

Salmonella enterica

Kluyvera species

Klebsiella aerogenes

Enterobacter cloacae

ESBL Organisms

- ESBL Organism Infections
 - Urinary Tract Infections
 - Pneumonia
 - Bloodstream
 - Wounds
- Populations at Risk
 - Hospitalized
 - Nursing Home Residents
 - Ventilated
 - Travelers to/from Foreign Countries with high prevalence

ESBL Prevention & Management

- Enhanced Barrier Precautions
- Contact Precautions (When Appropriate)
 - Hand Hygiene
 - Wear Appropriate PPE
 - Appropriate handling & disposal of PPE & linen
 - Cohort residents with same organism
 - Dedicated equipment
- Appropriate device care using appropriate infection control techniques
 - Foley Catheter
 - Intravenous Access Management

ESBL Prevention & Management

- Appropriate Dressing Changes
 - Contain and cover draining wounds
- Clean and Disinfect Equipment Between Uses/Residents
- Routine Environmental Cleaning & Disinfection
- Monitoring & Surveillance
 - Line List
 - Audits
 - Appropriate reporting to state & federal agencies
- Resident Care Plan Review

Review Question

A resident has a UTI and is positive for ESBL E. coli. Which statement by the staff requires further education?

Statement

A: “I would perform hand hygiene before attending to the resident”

B: “The resident should not be isolated in their room”

C: “I would allow the resident to participate in group activities”

D: “The resident would not have to be placed on enhanced barrier precaution”

Carbapenem-resistant Enterobacterales

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Carbapenem-Resistant Enterobacteriaceae (CRE)

- Carbapenem-Resistant
 - CRE
 - The bacteria is resistant to at least one carbapenem antibiotic
- Carbapenem-Producing
 - CP-CRE
 - Bacteria produces an enzyme, carbapenemase, that deactivates carbapenem as well as beta-lactam antibiotics
 - Enterobacterales can transmit genetic information to other bacteria, spreading resistance

Carbapenem-Resistant Enterobacteriaceae (CRE)

- Enterobacterales
 - Bacteria in the intestines
- Gram-Negative Bacteria
- Carbapenems
 - Last resort antibiotics
 - Resistant organisms difficult to impossible to treat
- Common HAI Enterobacterials
 - *Klebsiella pneumoniae*
 - *Escherichia coli* (E. coli)

Carbapenem-Resistant Enterobacteriaceae (CRE)

Who is at risk?

- Nursing Home Residents
- Hospitalized patients
- Immunocompromised
- Exposure to antibiotics
- Inserted Devices
 - Tracheostomy/Ventilated
 - Urinary Catheters
 - Intravenous Catheters
- Age
 - Young/Children
 - Old

Carbapenem-Resistant Enterobacteriaceae (CRE)

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Transmission

- Contact – Person to Person
- Contact – Contaminated Equipment
- Contact – Contaminated Environment

Common Infections

- Urinary tract infection
- Pneumonia
- Abscess
- Sepsis

CRE Prevention & Management

- Enhanced Barrier Precautions
- Contact Precautions (When Appropriate)
 - Hand Hygiene
 - Wear Appropriate PPE
 - Change gloves between device care on same resident
 - Appropriate handling & disposal of PPE & linen
 - Cohort residents with same organism
 - Dedicate equipment
- Appropriate device care using appropriate infection control techniques
 - Foley Catheter
 - Intravenous Access Management
 - Tracheostomy

CRE Prevention & Management

- Appropriate Dressing Changes
 - Contain and cover draining wounds
- Discontinue inserted devices when no longer necessary
- Clean and Disinfect Equipment Between Uses/Residents
- Routine Environmental Cleaning & Disinfection
- Monitoring & Surveillance
 - Line List
 - Audits
 - Appropriate reporting to state & federal agencies
- Resident Care Plan Review

Review Questions

Ms. Kennedy has a UTI with CRE. She has a tracheostomy and a urinary catheter.

- What is the appropriate precaution for Ms. Kennedy?
 - Enhanced Barrier Precaution
- What can we do to prevent the spread of VRE to other sites?
 - Change gloves after each procedure
 - Perform hand hygiene before donning & after doffing gloves

Candida auris

Candida auris: What is it?

Fungus

- Yeast

Identified

- 2009 – Japan
- Isolated from a patient's ear
 - Auris = Ear

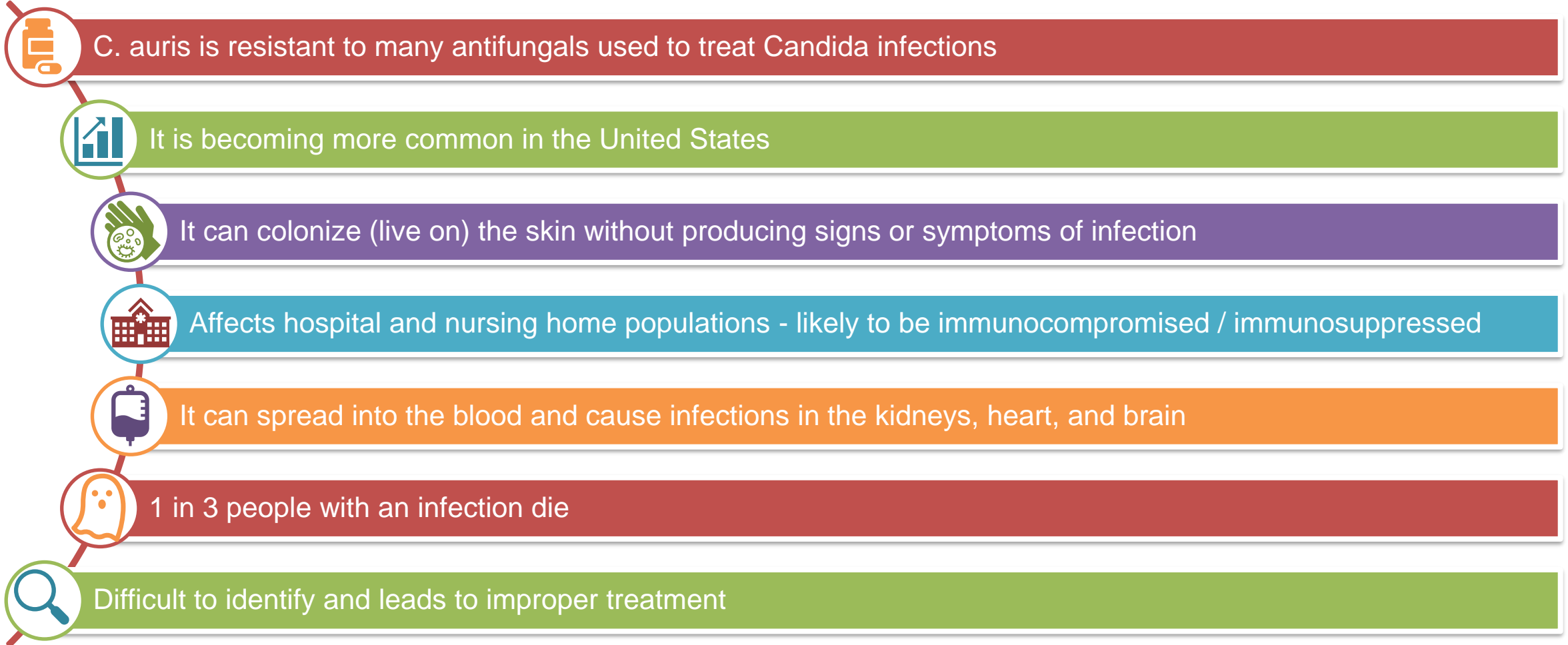
Referred to as

- C. auris



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Candida auris: Why is it a BIG Deal?



Candida auris: How Does it Spread?

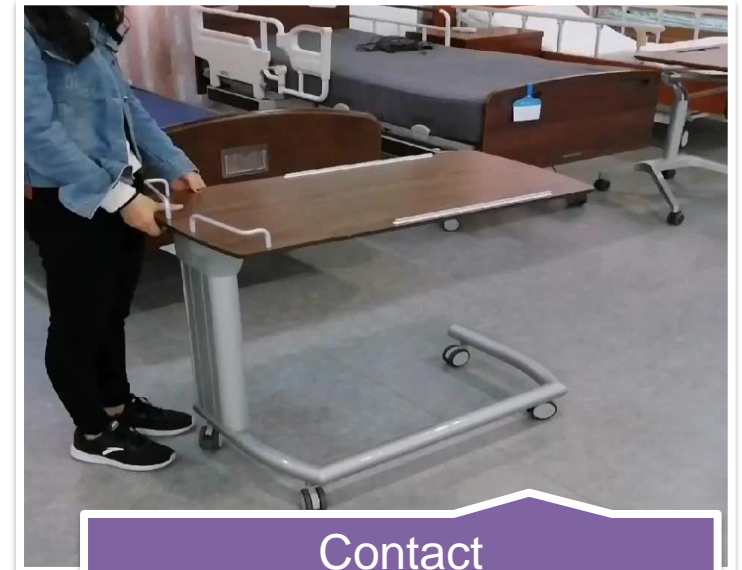
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Contact
Person to Person



Contact
Contaminated Equipment



Contact
Contaminated
Surfaces/Environment

Candida auris: Who is at Risk?

- Residents with:
 - Invasive Medical Devices
 - Tracheostomy
 - Urinary Catheters
 - Intravenous Catheters
- Residents:
 - In Long-Term Acute Care Hospitals (LTACHs)
 - In Nursing Facilities
 - Hospitalized

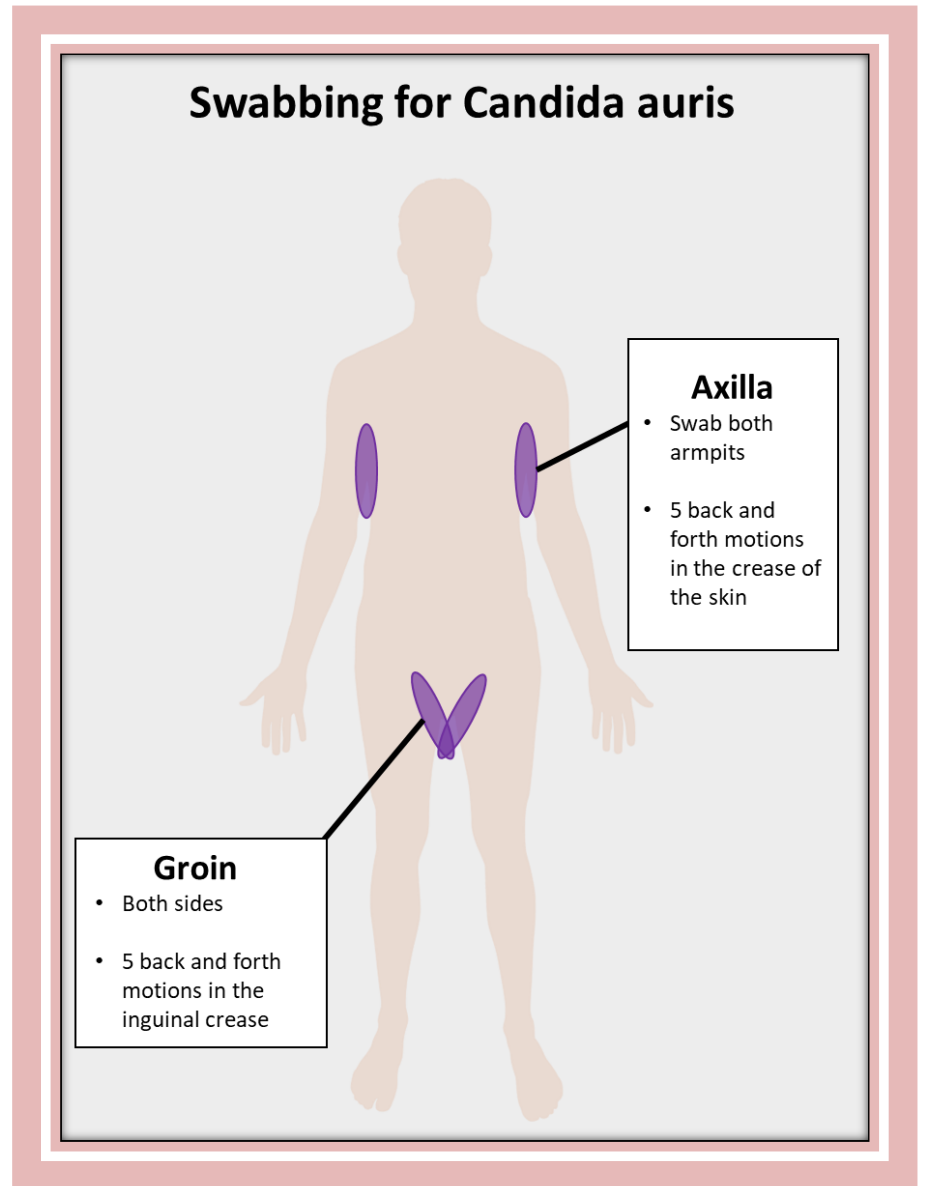
Candida auris: Difficult to Identify

- Infections can take up to days, weeks, or months to develop
- May resemble other infections
 - Fever
 - Chills
- Consider *C. auris*
 - If fever and chills do not improve after antibiotics
- Can co-infect
 - It is possible to have *C. auris* infection on top of a viral, bacterial, or other fungal infection
- Remember
 - Hospitals and nursing homes are full of immune-suppressed and immunocompromised people



Candida auris: When to Test?

- CDC Recommendation
 - Confirmed or suspected exposure
 - Previous hospitalization in foreign country



C. auris Prevention & Management

- Enhanced Barrier Precautions
- Contact Precautions (When Appropriate)
 - Hand Hygiene
 - Wear Appropriate PPE
 - Change gloves between device care on same resident
 - Appropriate handling & disposal of PPE & linen
 - Cohort residents with same organism
 - Dedicated equipment
- Appropriate device care using appropriate infection control techniques
 - Foley Catheter
 - Intravenous Access Management
 - Tracheostomy

C. auris Prevention & Management

- Appropriate Dressing Changes
 - Contain and cover draining wounds
- Clean and Disinfect Equipment Between Uses/Residents
- Routine Environmental Cleaning & Disinfection
- Monitoring & Surveillance
 - Line List
 - Audits
 - Appropriate reporting to state & federal agencies
- Resident Care Plan Review

Review Question

A new admission was transferred from another facility. The new admission is placed in Rm. A . They have no sign or symptoms indicating infection. They do not get along with roommate 1 and is moved to Rm. B with roommate 2. A day passes and the health department notifies you the new admission had been exposed to a resident with Candida auris at the previous facility.

- What residents would you have to test for Candida auris?
- What precaution (if any) do you place?

Managing MDROs

The Nurses' Role

Nurses' Role in Managing MDROs



Hand Hygiene



Antimicrobial Stewardship

- Do Not Abuse/Overuse
- Take as Prescribed



Use Proper Isolation Signage

- Adopt enhanced barrier precautions



Use Proper PPE



Reduce Invasive Procedures

- Remove indwelling devices when no longer indicated



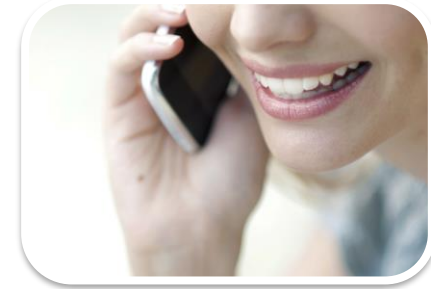
Aseptic Non-Touch Technique (ANTT)



Routine cleaning and disinfection of high touch surfaces



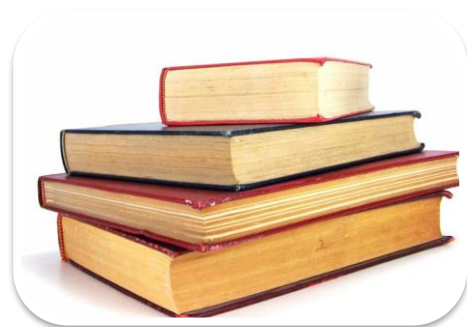
Disinfecting resident care equipment between uses



Notify facilities of infection or colonization when transferring residents

Nurses' Role in Managing MDROs

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Education

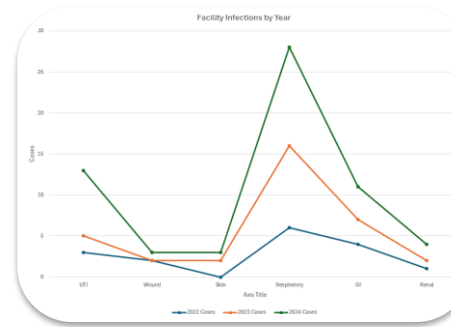
- Staff
- Family
- Residents



Surveillance & Monitoring



Care & Treatment



QA/PI



Outbreak Management

Nurses' Role in Managing MDROs

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Investigating New Infections, Clusters, & Outbreaks

- Location/Unit/Wing With MDRO Residents
 - Identify Residents With MDRO
 - New Admit?
 - From Nursing Home or Hospital?
 - Chronic Indwelling Device?
 - Wound/Infection Prior to Admission?
 - Identify Date of Initial Report
 - Confirm Lab Result(s)
 - Review In-Dwelling Device Care Policies (if applicable)
- } Place
- } Person
- } Time

Conclusion

Thank you for your time and attention!

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