

The ROYAL MARSDEN

NHS Foundation Trust

Gram-Negative Resistant Organism (GNRO)

Infection prevention and control

Patient Information



NHS

What is Gram-Negative Resistant Organism (GNRO)?

GNRO stands for Gram-Negative Resistant Organism. Gram-negative organisms is a term that covers many different types of bacteria (such as *E.Coli*, *Pseudomonas*, *Enterobacteria* and *Klebsiella*).

I have GNRO. Does this mean I have an infection?

Gram-negative bacteria are bacteria that usually live harmlessly in your gut. These bacteria can sometimes develop resistance to some commonly used antibiotics. You may not realise you carry these bacteria. This is called colonisation.

An infection can occur when the bacteria get into your bloodstream, or into your wound or line site, or by travelling up a tube into the bladder (a catheter).

Healthcare staff will assess whether you need to be nursed in a single room or in a bay with others. Healthcare workers must wear aprons and gloves when caring for you and must wash their hands after removing them. The most important measure for you to take is to wash your hands thoroughly with soap and water, especially after going to the toilet. Inform staff immediately if you develop diarrhoea so they can move you into a single room (if available) if you are not already in one.

You should avoid touching medical devices (if you have any) such as urinary catheter tubes and your intravenous lines, particularly at the point where they are inserted into the body or skin.

How do you look for GNRO?

GNRO can be picked up on many different tests – wound swabs, rectal screens, blood cultures or urine samples. The tests that you may receive during your admission stay will pick up the bacteria if it is present.

How is GNRO spread?

GNRO is spread by direct person to person contact and by contact with contaminated surfaces. It is spread more easily in patients with diarrhoea. GNRO is not spread by coughing or sneezing like respiratory viruses such as influenza or COVID-19.

Hand hygiene is important to reduce the spread of GNRO. We advise that you:

- always wash your hands with soap and water after using the toilet and before and after eating; ask for help if you need assistance
- apply alcohol hand rub (hand sanitiser) or use hand wipes regularly to keep your hands clean.

How can you prevent getting GNRO?

If you are in hospital and are worried about getting GNRO, there are some measures you can take yourself.

- do not share personal items with other patients
- avoid touching drips (intravenous devices), wounds or catheters
- whilst regular cleaning will be in place, if you would like further cleaning, feel free to ask for your bedside/bathroom area to be cleaned – do not attempt to do this yourself
- clean your hands regularly (before food, after using the bathroom, etc)
- feel free to ask staff if they have washed their hands before they touch you
- feel free to ask staff to clean the equipment they are going to use

- ask your visitors to wash their hands before they come onto the ward and when they leave
- ask your visitors not to sit on your bed.

There is a risk that you may acquire the resistant bacteria with prolonged antibiotic use or multiple hospital admissions.

What is the treatment for GNRO?

If you do have an infection, it can be treated with appropriate antibiotics if required. However, if you are carrying GNRO without any signs of infection (colonisation), you will not need any treatment. GNRO will usually disappear from the infected areas (with or without antibiotics). However, as these bacteria normally live in the bowel, you may remain colonised with GNRO without experiencing any future problems.

Will having GNRO delay my discharge?

If you are otherwise well enough, your discharge date will not be delayed even if you are carrying GNRO.

GNRO is not a danger to healthy family, friends or the general public so there are no special precautions. You can carry on with your normal day to day activities. Hand washing and general environmental cleanliness is all that is required.

Contact details

If you would like more information, or if you have any questions/concerns about GNRO, please speak to your doctor or nurse. Alternatively, you can ask to speak to a member of the Infection Prevention and Control team on **020 8661 3917**.

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

You can ring the hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments.

This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

For further information, please visit The Royal Marsden website:
www.royalmarsden.nhs.uk/your-care/support-services/royal-marsden-macmillan-hotline

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

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Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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