

### Will I always have a single room?

- It is quite safe to share a room with another patient who also has VRE.
- This is determined for each individual case in consultation with Infection control and your nursing and medical team.
- Hand hygiene practices will still be just as important.

### What about my other children, family and friends?

- Everyone needs to know about the importance of hand hygiene whenever they leave the room.
- Please ask your family and friends to use the hand gel after contact with your child and before and after they leave your area.

### What will happen when I go home?

- When your child is well it is possible that VRE won't be able to be detected.
- Hand hygiene always remains important, even at home and especially after nappy changes.
- No other special care really needs to be taken at home.

## In Summary:

- **Hand hygiene** is very important.
- Please do **not** walk your child up and down the ward corridor.
- Any items taken out of your room must be **immediately** cleaned.
- Dirty nappies should be placed **immediately** into a disposable nappy bag and **never** left lying around.

## Where can I find out more ?

CDC - [http://www.cdc.gov/ncidod/dhqp/ar\\_VRE\\_publicFAQ.html](http://www.cdc.gov/ncidod/dhqp/ar_VRE_publicFAQ.html)



Infection Control

Reviewed Sept 2008



Infection Control



## Parent Information —VRE

The Royal Children's  
Hospital

Infection Control  
Department

9345 5740

## ► What is VRE?

- VRE is Vancomycin Resistant Enterococci.
- *Enterococci* are germs that **normally** live in the bowel/ gut- they are a part of *everyone's normal flora*.
- They can cause infections, in very sick people, if they move from the bowel/ gut to another part of the body.
- Vancomycin is an antibiotic.
- Sometimes enterococci become resistant to Vancomycin.
- This means that the antibiotic Vancomycin cannot kill the enterococci if they do move out of the bowel and cause an infection.
- When this happens the enterococci are known as Vancomycin Resistant.
- When your child is well, the other *normal flora* in the bowel/gut helps to prevent the VRE from being excreted.



### How do you know my child has VRE?

- If your child has been sick, they may have had some tests done. These tests may have been done on a stool, urine, wound or blood specimen.
- If you have been told your child has VRE, it has been detected in one of these specimens.
- A stool specimen will then be routinely sent to check for *enterococcus* that is susceptible to vancomycin.

### How did my child catch VRE?

- VRE may develop during the use of Vancomycin to treat an infection.
- It can also be transmitted by touching surfaces or stool contaminated with VRE.

- **What does having VRE mean for my child?**
- VRE is usually only excreted when your child is unwell and on antibiotics. This is because antibiotics can alter the normal flora of the bowel.
- At these times, your child will need to have their own room, toys and hospital equipment.
- Your child will need to remain in their room.
- Equipment or items removed from your room will be cleaned by hospital staff before they are used for another patient.

### How do you prevent VRE from spreading?

- VRE can survive in the environment for **long** periods. This means handwashing and handgel (Hand hygiene) are important.

#### You should always perform **Hand hygiene**

- **after** changing nappies.
- **helping** staff with any procedures.
- **before leaving** your room, or bed area.
- and again, **immediately after leaving** the room in case the door handle is contaminated.

#### **Gowns and gloves**

- Only staff need to wear gowns.
- Family only need to wear a gown if their clothes are likely to be soiled or you are assisting with bathing
- Staff should use gloves if they change your child's nappies

#### **Nappy changes**

- Nappies should be **immediately** placed into a disposable nappy bag and thrown into the bin at the earliest convenience

#### **Equipment and toys**

- **All equipment must be cleaned upon leaving the room.**
- Wipes will be provided for you to also use if needed.
- Please do not bring in many toys from home, just a

few favourites, that can be cleaned when you go home is preferred.

### Will I get rid of VRE?

At times the VRE will not be able to be detected in the stool, however, whenever your child needs antibiotics or is unwell it usually comes back.



### What happens if I need to come back to hospital?

When ever you need to be admitted to hospital, please make sure that the staff are aware that your child has had VRE in the past.

### What about my coffee cups, crockery and cutlery?

- Items can be taken into your room and used, but must be cleaned as soon as they are removed from your room. For cutlery and crockery, this means they must be washed or placed in the dishwasher immediately.
- Magazines should be taken home or thrown out.

### Can I take my child off the ward?

- As long as your nurses and doctors are happy for you to go, you may take your child out of the hospital for a walk.
- We ask that you plan your leave to avoid communal areas in the hospital- e.g. café.
- Please don't walk up and down the ward with your child.
- Only change your child's nappy in their room.

