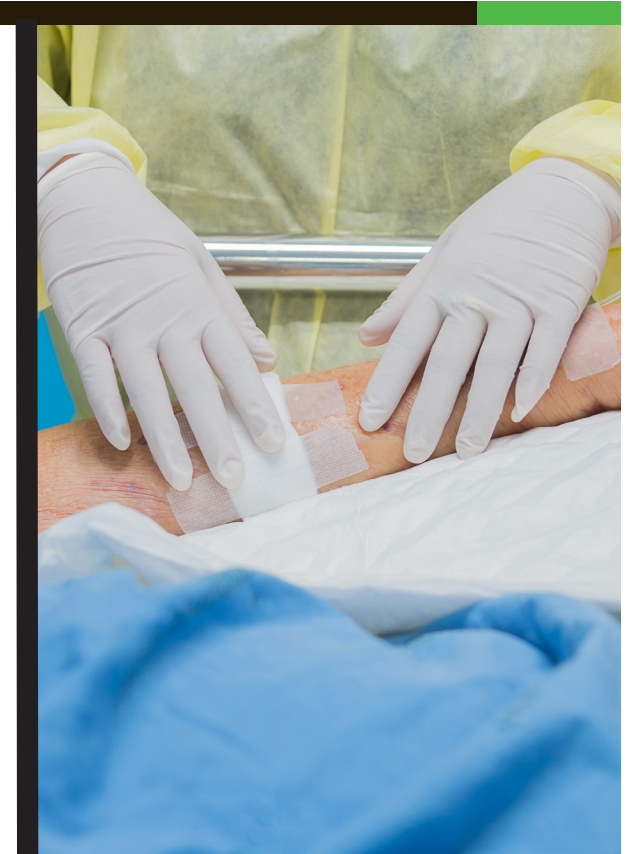


## BE OPEN ABOUT VRE

Patients should always tell their physician and other care providers if they have VRE in order to prevent spreading it to others.



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Vancomycin-resistant  
enterococci (*VRE*)

*We make it possible.*

# Vancomycin-resistant enterococci (*VRE*)

## WHAT IS VANCOMYCIN-RESISTANT ENTEROCOCCI (VRE)?

ENTEROCOCCI are bacteria found in the bowel of most individuals.

When some strains of these bacteria develop resistance to antibiotics like Vancomycin, they become Vancomycin-resistant enterococci (VRE).

Runnymede supports patient safety by routinely screening patients for VRE.

## DO PATIENTS WITH VRE NEED TREATMENT?

Treatment is required only when a patient has an infection caused by VRE. If a patient carries VRE without having an infection, treatment is not required.

## HOW IS VRE SPREAD?

VRE can be spread from one person to another via:

- Bacteria carried on the hands
- Contaminated patient care equipment
- Infected surfaces such as toilet seats, bedrails, door handles, soiled linens, etc.

## WHO IS AT RISK FOR CONTRACTING VRE?

Patients are at risk of contracting VRE if:

- They were previously treated with Vancomycin or other antibiotics for a long period of time
- They had a surgical procedure
- They require medical devices, such as urinary catheters

VRE infections occur mostly in healthcare settings among patients with weakened immune systems.

## PREVENTING SPREAD OF VRE IN A HOSPITAL SETTING

The hospital helps control the spread of VRE by:

- Placing patients with VRE in private room accommodation, if possible
- Posting a precautionary sign outside the patient's room
- Ensuring staff wear gowns and gloves when in contact with the patient and/or their environment in their room
- Ensuring staff practice proper hand hygiene
- Cleaning and disinfecting patient care equipment after each use
- Daily cleaning and disinfection of patient rooms and washrooms
- Putting clean clothes on patients with VRE before they participate in therapy outside their room

If a patient has VRE, their visitors should:

- Wear protective gowns and gloves when in contact with the patient or their environment inside the patient room
- Refrain from sitting on the patient's bed
- Refrain from using the patient's washroom
- Refrain from visiting other patients
- Refrain from eating in the patient's room
- Practice proper hand hygiene by using soap and water or an alcohol-based hand rub (ABHR)

## HAND HYGIENE HELPS PREVENT THE SPREAD OF VRE

Always remember that hands should be cleaned with soap and water or ABHR:

- After using the washroom
- Before preparing meals and eating
- Before and after touching or dressing wounds
- Before entering and upon exiting a patient room

## PATIENTS DISCHARGED WITH VRE

If patients have VRE at the time of discharge from a hospital, no special cleaning of clothes or linens is required. Articles of clothing can be laundered as usual with the rest of the household laundry.

Towels and toiletries should not be shared.