

## **Vancomycin-resistant enterococcus (VRE) Education Plan**

### **Resources for Staff**

- [Special Precautions Quick Reference for Hospitals](#)
- [Mosby's Nursing Consult – Hand Washing](#)
- Infection Control Nurse: Phone number 341-6317

### **Teaching Tools**

- Infection Prevention Education Plan
- [Please Wash Your Hands](#) Patient Education Sheet
- Contact/Droplet/Airborne Precaution Education Sheet (automatically prints when patient is placed under precautions)
- [Frequently Asked Questions - VRE](#)

### **References:**

- APIC Infection Prevention Manual for Hospitals, 2010 Edition, ICP Associates, INC - Gail Bennett RN, MSN, CIC

### **Approved by:**

- Patient Education Council:

**Authored by:** Infection Control Department

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## **Vancomycin-Resistant Enterococcus (VRE) Education Plan**

### **Getting Ready to Learn about VRE**

Learning something new can be hard when you are not feeling well. Here are some good things to tell the staff:

- Who do you want to learn with you? We would like to have someone who will be helping you at home learn with you.
- What is the best way for you to learn? Do you learn best by reading a book or pamphlet or learning by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “small” bits over several days.

### **By the time, I leave the hospital I will be able to tell the staff:**

- What a VRE infection is.
- How VRE is spread.
- What groups of people are at risk for getting VRE.
- How the hospital stops the spread of VRE.
- What I can do to stop the spread of VRE
- What I need to do at home.

### **The staff will use three questions and answers to teach me about VRE:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about my disease and how to take care of myself.

**What is my main problem?** VRE infection

I have an infection caused by Vancomycin-resistant enterococcus (VRE). VRE is a germ that can live in my intestines and does not usually cause any problems. I can carry VRE for weeks and months without knowing it. VRE could cause me to have a serious urinary tract infection, wound infection, or blood infection. Vancomycin (van-ko-MY-sin) is an antibiotic used to treat enterococcus. When my germ is Vancomycin-resistant, most antibiotics cannot kill it. VRE can sometimes be treated with newer antibiotics.

**What do I need to do?**

I will be able to tell the staff how VRE is spread.

 Contact

- People who have VRE can spread it to other people. VRE can also be spread to objects in a room. VRE can get onto hands from touching a person or object with VRE.

I will understand who might be at risk for a VRE infection.

 Risk for VRE

- Some people are at a higher risk of being infected with VRE. This includes people who:
  - Have taken many antibiotics.
  - Are very ill.
  - Carry VRE but do not get sick.
  - Are in the hospital for a long time.
  - Have a disease that harms the body's ability to fight infection.
  - Have had surgery.

I will be able to tell the staff what I will do to stop the spread of VRE.

 Hand Washing

- If I do not see my healthcare workers following contact precautions and cleaning their hands, I will ask them to do so. I know that clean hands save lives.
- I will clean my hands with soap and water.
- I will clean my hands before I eat and after I use the bathroom.
- I will clean my hands with soap and water before I leave my room.

I will know how to stop the spread of VRE in the hospital

 Care Givers

- In the hospital my caregivers will:
  - Clean their hands with soap and water or an alcohol-based hand rub before and after caring for me or touching items in my room.
  - Use contact precautions to stop the spread of infection (see handout).
- Visitors
  - The chance of others getting VRE while visiting me in the hospital is very small. Visitors should:
    - Clean their hands before they enter my room and when they leave my room.
    - Limit what they touch in the hospital room. This includes the call light and the bedside table and stand.
    - Not sit on the bed.
    - Follow contact precautions if they are going to touch me.

I will be able to tell the staff what I will need to do at home

- Home routine
  - Take my antibiotics until they are gone.
  - Wash my hands often and encourage others to wash their hands often.
  - Wash my hands *before and after* changing any of my dressings or bandages if I have a sore, incision, or wound.
  - Keep my incision clean and change bandages as ordered until the incision is healed.
  - Not share personal items like towels or razors.
  - Wash my clothes, towels and bed linens in the warmest temperature listed on the labels.
  - Tell anyone caring for me that I have VRE. This includes home health nurses and aides, therapists, doctor's office staff, and rescue squads.

### **Why is this important to me?**

- Importance
  - I have a VRE infection. That means I have an infection that can spread to others. I can stop the spread of VRE by following the steps above.

As part of my care I have received this education plan. I may also receive the following:

- The Infection Prevention Education Plan
- "Please Wash Your Hands" Bronson Patient Education Sheet
- Contact, Droplet, Airborne Precautions Education Sheet
- My Own Personal Purell alcohol-based hand rub