

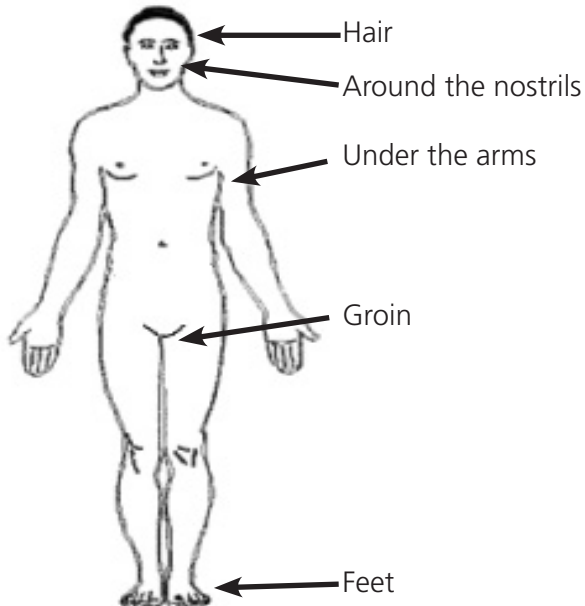
### BACTROBAN CREAM (Not Nasal)

This is sometimes used on wounds/lesions infected with MRSA. It would usually be applied DAILY under a dressing.

### ANITISEPTIC SKIN CLEANSER

(e.g. Octenisan)

Antiseptic skin cleansers help to eliminate the carriage of germs (like MRSA) by whole body bathing. Antiseptic cleanser should be used as a liquid soap and shampoo and the whole body should be washed vigorously from head to toe. Pay particular attention to the areas marked below. Follow manufacturers instructions with your skin cleanser which may be a leaflet or written on the packaging.



### CX POWDER

(Chlorhexidine Acetate 1%)

CX powder may be applied daily to armpits, bellybutton, and groin and other sites as directed by your nurse or doctor. It is used to try and reduce the number of MRSA germs on the skin. It should not be used on badly broken skin. The treatment will vary depending on the results of your laboratory tests for MRSA.

***Further information is available on request. If you would like to speak to a member of the Infection Control Team at your local hospital ring:***

***Worcester***  
***(01905) 763333 Ext. 33605***

***Redditch/Kidderminster Hospitals***  
***(01527) 503030 Ext. 44744***

# MRSA

Information for  
Patients and  
Carers

You have been told that you have “MRSA”, Meticillin Resistant Staphylococcus aureus. These notes may help you to understand what is meant by this and answer some of your questions.

### **WHAT IS IT AND WHAT CAN I DO?**

It is a germ that may be harmlessly carried by many people on their skin and in their nose without causing an infection. It is carried more easily on skin that is broken, for example where there is a rash, a cut or a sore. It can, however, cause abscesses, boils and wound infections, particularly in people who are already unwell. It is not related to personal hygiene.

### **WHY IS IT IMPORTANT?**

Special care is taken with MRSA germs when they are found on patients in hospital because the germs are resistant to treatment with some antibiotics and may be more difficult to treat if they do cause an infection.

### **HOW DOES MRSA SPREAD?**

The germs can spread easily from one patient to another by sticking to the hands or clothes of staff or patients and then passing to the next person they touch. Careful handwashing by staff and patients is important and helps to prevent the germ spreading.

### **HOW CAN YOU TELL WHO HAS MRSA?**

Patients with MRSA do not look or feel different, so it can only be found by growing the germ from swabs taken from skin and wounds.

### **WHERE DID IT COME FROM?**

MRSA may have been on your skin when you came into hospital, or you may have picked it up since you have been in hospital.

### **WHAT WILL HAPPEN TO YOU NOW?**

When the MRSA germ has been found on your skin, the Infection Control Nurse will advise staff to take swabs from your body to see whether the germ is just in one or more places.

### **HOW CAN YOU GET RID OF IT?**

Your doctor may give you antiseptic to bathe or wash with, cream to put in your nose and on sores and, if you have an infection with the germ, some antibiotics.

### **CAN I STAY ON THE SAME WARD?**

You may be asked to move to a single room while you are receiving treatment. This makes it more difficult for the germ to pass to other patients. You may be asked to move to another ward if a single room on your ward is not available.

### **CAN YOU HAVE VISITORS?**

You can have visitors as usual. They will be asked to put on an apron and to wash their hands after visiting you so that they do not spread the germ around. They will not be ill if they do pick up the germ as long as they are healthy. If in any doubt, discuss this with the nursing staff.

### **HOW LONG DOES THE TREATMENT TAKE?**

After a week the swabs will be taken again to check that the germ has gone. Sometimes it may take several weeks to completely clear the germ from your skin. If you are sent home in the meantime, you will be told whether further treatment is needed.

### **WILL IT PREVENT ME LEAVING HOSPITAL?**

You will be sent home as usual, with or without the MRSA, unless it is causing an infection that requires in-patient treatment.

### **DO I NEED TREATMENT AT HOME?**

You will only be asked to use treatment at home if you have an infection with MRSA. Your GP and District Nurse will be informed about the problem when you leave hospital if treatment is required.

### **WILL MRSA HARM MY FRIENDS AND FAMILY?**

Not if they are healthy. Ask your doctor or the Infection Control Nurse if you are not sure.

## **ABOUT YOUR TREATMENT**

### **BACTROBAN NASAL OINTMENT**

(Calcium Mupirocin 2%)

This should be applied 3 TIMES A DAY to the inside of the nostrils by carefully using a cotton bud or the little finger. Then press the sides of the nose together, spreading the ointment throughout the nostrils.