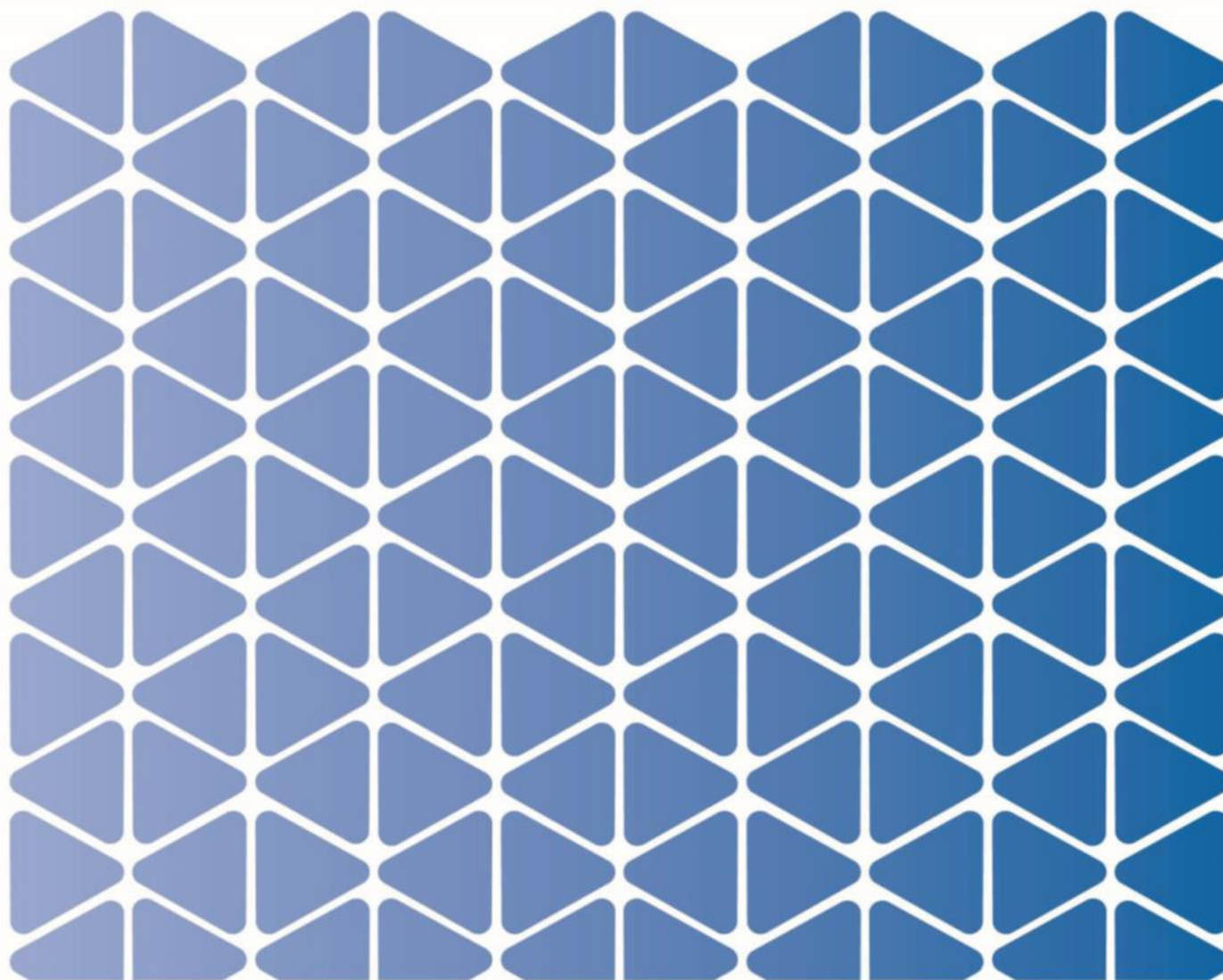




## PATIENT INFORMATION

# MRSA

## INFORMATION FOR PATIENTS AND CARERS



## **About this leaflet**

- You or your relative may have been told that you have “MRSA”, Meticillin Resistant Staphylococcus Aureus. This leaflet will hopefully help you to understand what is meant by this and answer some of your questions.

## **MRSA - What is it?**

- ‘MRSA’ Meticillin Resistant Staphylococcus aureus is a bacterium which is carried harmlessly by many people on their skin and in their nose without causing an infection.
- It can, however, cause abscesses, boils and wound infections, particularly in people who are already unwell.
- MRSA is resistant to certain commonly used antibiotics which means it may then be more difficult to treat if it does cause an infection.

## **Why is it important?**

- Special care is taken with MRSA when it is found on patients coming into hospital for operations such as joint implants or procedures involving grafts because it can cause hard to treat infections in those particular group of patients.
- For the majority of patients and hospital staff it poses NO threat to health.

## **How does MRSA spread?**

- MRSA can spread easily from one patient to another by the hands or clothes of staff or patients and then passing to the next person they touch; it can also be found in dust.
- Careful handwashing by staff and patients and good housekeeping to control dust is important and helps to prevent the bacteria spreading.

## **How can you tell who has MRSA?**

- Patients carrying MRSA do not look or feel different, therefore it can only be found by growing the bacteria 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 contracted it since you have been in hospital.

## **What happens now?**

- If you are found to be carrying MRSA, then you may be given treatment which is harmless to you.
- Further swabs will be taken after you have completed the treatment to confirm that the MRSA has been cleared by the treatment.
- As an extra precaution, especially on surgical wards, you may be given a single room, this is to help prevent the spread of MRSA.

## **What does the treatment involve?**

- The treatment consists of the use of a nose ointment and a special skin wash/shampoo.
- This will probably be used before you are admitted for your operation.

## **About your treatment**

- You will be given 2 items to use.
  1. Octenisan Body Wash
  2. Mupirocin Nasal Ointment

## **Octenisan Body Wash – Directions for administration**

- Wet skin. Apply about 30 ml of Octenisan® directly onto the skin using hands or a disposable cloth use it as you would shower gel (refer to manufacturer's instructions) and wash body, leave in contact with skin for 3 minutes.
- Wash hair with Octenisan® use as shampoo.
- Use as a liquid soap and shampoo. Pay particular attention to the hairline, under the arms, the navel, groins, in between the legs and in between the toes.
- Leave in contact with the skin for 3 minutes
- Rinse thoroughly and dry skin. Use a clean towel each day. Clean clothing and bed sheets should be given.
- The hair should be washed at least twice during the five-day course, at other times other hair care products can be used.

### **Mupirocin Nasal Ointment - Directions for administration**

- Apply 3 times a day to the inside of the nostrils using a cotton bud or the little finger.
- Press the sides of the nose together spreading the ointment throughout the nostrils

### **Can I 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. MRSA will not be a risk to them as long as they are healthy. If in any doubt, discuss this with the nursing staff in your area.

### **Will having MRSA prevent me from leaving hospital?**

- You will be sent home as usual, unless the MRSA is causing an infection that requires in-patient treatment.

### **Will MRSA harm my family and friends?**

- Not if they are healthy. If in any doubt, discuss this with the nursing staff in your area.

**If you require any further information, please seek advice from your clinic or ward area.**

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.