

PATIENT INFORMATION

WHAT IS MRSA?

Metillicin Resistant Staphylococcus
Aureus

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The Facts

- MRSA stands for Methicillin resistant Staphylococcus aureus, a version of a widespread germ carried by one in three people that has become resistant to some common antibiotics
- MRSA is commonly found on wounds and other sites on the body such as the nose
- Patients in hospital have an increased risk of infection because they are unwell and are undergoing invasive medical treatments
- It is quite possible to carry the germ without getting an infection
- In order to reduce the risks of cross infection to other patients who may become infected, it may be necessary to separate patients with MRSA from others, in a single room
- This does not necessarily mean that infection is present; barrier nursing is carried out for the protection of other vulnerable patients

How is MRSA spread?

- Either by direct or indirect contact. Indirect contact is contact with items or objects that have been used by a person with MRSA which then come into contact with someone else. This may include people's hands which

have not been adequately cleaned, either by using soap & water or by alcohol gel, which is widely available at the bed space and entrance/exits to wards and departments

What does it mean when I am told I have MRSA?

- This means that MRSA has been grown from the swab sample sent to the laboratory
- Active infection with MRSA is rare. Most times a positive test indicates that the germ is present but not necessarily causing any harm or damage

How will this affect me?

- The presence of MRSA will usually not stop any of your planned treatment or therapy however there are some circumstances in which it is desirable to attempt to eradicate MRSA before commencing treatment. Your clinician will discuss this with you
- To help prevent spread of infection to other patients, you will be moved to a single room. We would ask that relatives and friends use alcohol gel/wash their hands on entering and exiting your room/ward
- The nursing and therapy staff will wear disposable gloves and aprons when attending to your needs as they also care for other patients
- In order to find out if you are carrying MRSA elsewhere on your body, the nursing staff will take swabs, with your permission. The results will not be known for a few days

What treatment can I have to get rid of the MRSA?

- The treatment for this is to use an anti-bacterial skin wash once a day for 5 days and shampoo your hair every third day with the same solution. You may use ordinary soap/shampoo between treatments. A nasal ointment may be prescribed to use as directed by your doctor.
- At least 2 days after treatment has stopped, you will be re-swabbed to see if the treatment has been successful
- Three sets of negative swabs, from all sites, will be needed to ensure that you are free from carriage

Preventing the spread of MRSA

- You can play a part in reducing the risks of infection
- If you have a wound drain or urinary catheter, speak to your nurse if it comes loose or disconnected
- If you have a surgical wound or an intravenous drip, report any loosening of dressings, leakage from the wound or any surrounding pain or redness
- If you have an intravenous device or 'drip' please report any redness or pain at the site of the drip and ensure that someone inspects the site on at least a daily basis
- Please ask staff if they have cleaned their hands before they come into contact with you or any of your dressings

- The patient's clothes and linen should be washed in the hottest cycle the material will allow and if possible tumble dried or ironed
- It is NOT necessary to isolate people when they are not in hospital
- Visitors do not need to wear protective clothing but they must wash and dry their hands thoroughly after contact
- Effective and regular handwashing
- As MRSA has been shown to survive in dust, thorough cleaning of the environment is important

DEPARTMENT OF INFECTION CONTROL

For further advice or information on any of the areas discussed in this booklet please contact:

The Infection Prevention & Control Team
Tel: 01704 704169

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT
Thank you

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