

PATIENT INFORMATION

MRSA Screening and Treatment

Southport and Ormskirk Hospital NHS Trust takes MRSA and healthcare-associated infections extremely seriously. We are committed to reducing infections and giving our patients high quality health care.

Why do we screen for MRSA?

There may be some people in any community who may have the MRSA germ without showing any symptoms. By screening (performing a simple swab test) before your treatment, we can find out who is carrying the germ and provide treatment for you before you are admitted to hospital. As part of the pre-treatment process, patients will now be routinely screened for MRSA. This helps to prevent the spread of the germ and lowers the risk of complications occurring because of it whilst you are recovering.

What is MRSA?

MRSA stands for (M) Meticillin (R) Resistant (S) *Staphylococcus (A) aureus*. There are lots of germs on our skin and in the environment around us. Most of them are harmless, some are beneficial and a very small proportion can cause harm. MRSA are rare varieties of *Staphylococcus aureus* that have developed resistance to some antibiotics that are used to treat infections. *Staphylococcus aureus* is a common germ that is found on the skin and in the nostrils in some healthy people. It can cause infections.

How can MRSA affect me?

MRSA may colonise your body and/or cause infection.

MRSA Colonisation

Most people who have MRSA are colonised. This means that MRSA is present on the surface of the skin and does not cause any harm to the person. People who are colonised will have no signs or symptoms of infection and feel well. However, if you undergo a medical procedure there may be an opportunity for MRSA to enter the body. This is why patients with MRSA will be given a skin wash to remove the germ from the skin and nasal ointment to remove MRSA from the nose.

MRSA Infection

MRSA may cause harm when its gets an opportunity to enter the body. MRSA can cause simple infections such as pimples, boils or more serious problems such as wound infections, chest infections or blood stream infections. If a patient has an infection caused by MRSA then there are a number of antibiotics that can be given that are effective in treatment of MRSA.

What tests are done to look for MRSA?

The nurse will take a swab from your nose and other skin sites depending on the treatment you will be having. This involves a cotton bud swab being placed in and around your nose or on surfaces of your skin or wounds. The test will not hurt but may feel a little uncomfortable. The swab/s is then sent to the laboratory for testing. The results usually take 3-4 working days.

What happens next?

If **MRSA** was not detected you will not hear from us. You should follow the instructions given to you about your admission to hospital for your operation. If your swabs are found to be **MRSA positive**, the hospital will contact you. You will be asked to go to an outpatient clinic to obtain an antiseptic body wash to use once a day and an ointment to apply to your nostrils 3 times daily, i.e. use both treatments for 5 consecutive days. At this time your forward plan will be discussed and re-screening planned.

What happens if I still have MRSA after treatment?

If your surgery is urgent or your swab results remain positive you will be restarted on the antiseptic body wash and the nasal ointment 3 days prior to admission and then admitted to a side room on the ward (if available). This will be discussed on an individual basis with you and your Consultant.

What if my second screen is negative?

All patients who have had one positive screen will be asked to re-start on the antiseptic body wash and nasal ointment five days before admission to hospital regardless of the result of the second screen.

What else may be done?

You will have the opportunity of discussing the risks of proceeding with surgery with a member of the clinical team at Southport and Ormskirk Hospital NHS Trust.

What is the risk of proceeding with surgery if I am MRSA positive?

The risk of MRSA infection even if found to be positive is minimal. Following the advice given and treating yourself using the instructions given in this leaflet will do much to reduce this risk.

I am a healthcare worker who has tested positive – what should I do?

You should contact your employer's Occupational Health Service to let them know that you have tested positive for MRSA and seek further advice.

If MRSA is found in the nose you will need to use Bactroban Nasal Ointment (Mupirocin 2%) or Octenisan nasal cream. Use it three times each day for 5 days. A small amount of ointment about the size of a match head should be placed on a cotton bud or on your finger and applied to the inside of each nostril. The nose should be closed by pressing the sides together and squeezing upwards as this will spread the ointment through the nostrils. Ideally you should be able to taste the medication at the back of your throat.

In addition to the nasal cream/ointment you will also be given an antiseptic body wash to be used once per day.

You will be advised about the procedure for re-screening when you receive your treatment.

Date MRSA first detected: / / _____

Date Treatment to Start: / / _____

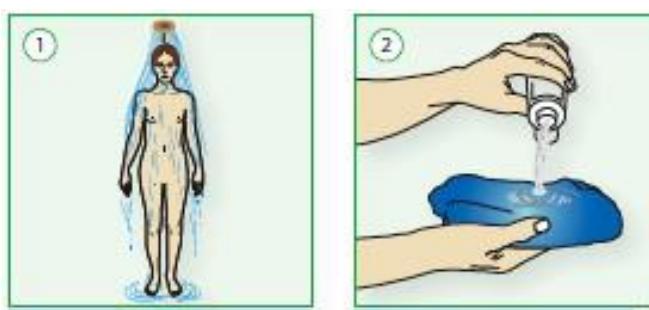
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WASH	WASH	WASH	WASH	WASH	Usual Soap	Usual Soap
USE NOSE CREAM	NO NOSE CREAM	NO NOSE CREAM				

If planned admission is needed in the immediate future the treatment will be timed so that the day of admission is the **THIRD** day of treatment. If this is necessary you will be admitted to a single room where possible. Please tell the Nurse on arrival that you have tested positive for MRSA.

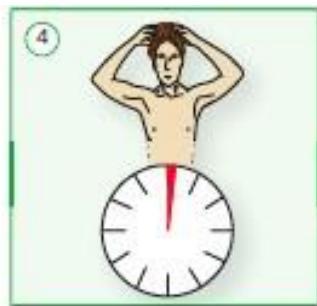
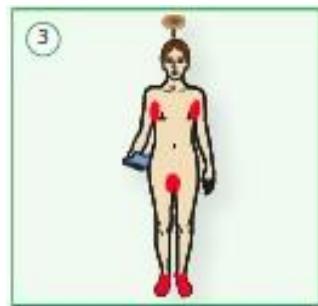
Date of admission: _____/_____/_____

Date to start treatment: _____/_____/_____

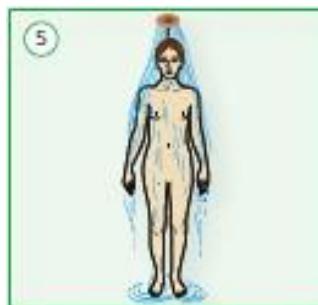
Applying the Body Wash Solution



1. Ensure that your hair and body are wet
2. Put lotion onto a cloth (pref disposable)



3 and 4. Apply lotion to the whole body and hair, paying attention to the areas indicated in red. Leave the lotion in contact with the skin for three minutes before rinsing off



5. Rinse off thoroughly
6. Dry with a clean towel

You should put on clean underwear, nightwear and if possible bed linen daily during treatment and ensure that bed linen and towels are washed at the highest temperature that is permitted by the fabric. It is safe to mix laundry when washing.

For further advice, please contact:

Infection Prevention and Control
(01704) 704169

NOTES

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

Soh-tr.ipcteam@nhs.net.

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

Southport and Ormskirk Hospital NHS Trust

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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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