

Tameside and Glossop Integrated Care NHS Foundation Trust



MRSA Discharge from Hospital Patients, Carers, Relatives and Friends Information Leaflet

What is MRSA?

Staphylococcus Aureus (SA) is a very common germ that around 30% of the population carries without being aware of it. This germ can live in the nose, or on the skin, especially in skin folds such as the armpit or groin.

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیٹنگ، انٹریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی پابندی کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پھر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

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SA usually causes no harm, but sometimes it can cause skin infections such as boils or abscesses. These infections are normally mild and are easily treated with common antibiotics.

MRSA stands for Methicillin Resistant Staphylococcus Aureus and is a type of SA. MRSA can also live harmlessly on the body without causing infections. MRSA is harder to treat than SA because some antibiotics are not effective in treating MRSA. People who have certain long-term health problems are more at risk of becoming poorly with MRSA infection.

My MRSA test was positive: What does this mean?

On admission to hospital or during your stay, you were tested for MRSA. The test showed that you were 'MRSA positive'. This means that you were 'carrying' the MRSA germ on your skin, in your nose or elsewhere on your body. People who 'carry' MRSA are not usually poorly, but some 'carriers' may cause infection to themselves or to others, particularly if they are in hospital.

Do I need treatment?

Generally most people who carry MRSA do not know they have it and because there are no symptoms, treatment is not usually required. To reduce the spread of MRSA amongst hospital patients, you may be given a course of treatment, which may include an antiseptic body wash, an antibiotic cream for your nose and in some cases, a course of antibiotic tablets / injections.

Will I still be 'MRSA positive' after the course of treatment?

In many cases, if the treatment is applied correctly, the MRSA germs that were present will be reduced or removed completely. Good personal hygiene will help keep any germs away, or to a minimum. Some people will continue to carry MRSA harmlessly and may not have any symptoms.

Will carrying MRSA stop me going home?

You will be able to go home from hospital when the doctor says you are well enough. Carrying MRSA will not delay your discharge from hospital.

What happens if I can go home and the treatment has not finished?

The course of treatment for carriers of MRSA usually lasts for five days. If you go home before the five-day course is completed, you will be given a supply of the body wash and nasal cream. Your doctor or nurse will advise you how to use the treatment and when to stop. Use the chart in this leaflet to help keep track of where you are up to. If you have been prescribed antibiotics to take home it is important that you complete the course.

When your treatment is completed, further treatment or tests for MRSA are not usually required whilst you are at home or in community care. The nurse, doctor or infection prevention team will contact your GP or the district nurse if further treatment is required.

Will I need to change my routine at home?

Washing your hands well and regularly is the most important way of preventing any infections. Good personal hygiene helps to remove germs from the body. Open wounds should be covered. A fresh towel should be used after each bath/shower and fresh clothing should be worn. Bed linen should be changed regularly and laundry washed as soon as possible. MRSA germs may survive in dust, so good home hygiene, including regular dusting with a clean damp cloth and regular vacuuming, can help to keep the germs away.

What about carers, relatives and friends?

MRSA does not harm healthy adults, children, babies or pregnant women, so you should be able to continue with any social activities as before. Anyone whose health is poor may be at risk of infection. Regular, careful hand washing is vital for yourself and those around you.

Will I need to inform anyone that I have been an 'MRSA carrier'?

Yes. If you attend an outpatient's appointment, please inform a doctor or nurse. It is also advisable to inform those people involved in your community healthcare when you see them, for example, your GP, District Nurse, dentist, and podiatrist.

What if I am re-admitted to hospital?

Remember to tell the doctor or nurse that you have 'carried' MRSA in the past. You may be tested to see if you are currently carrying the MRSA germ. You will be informed of the result as soon as possible. A course of treatment may be started and you may be cared for in a single-room. The table below will help you to record your treatment. Tick a box for each episode of treatment completed.

Date treatment started:					
	Day 1	Day 2	Day 3	Day 4	Day 5
Body wash					
Nasal cream Morning					
Noon					
Evening					