



## Patient Information

# Meticillin Resistant Staphylococcus Aureus (MRSA): Treatment Programme Regime

You have been tested for MRSA and you have been found to be positive. You have been asked to complete a five day treatment programme. This will make it more difficult for the MRSA to cause an infection or spread to others when you are in hospital.

You will be asked to bathe or shower every day with an antiseptic soap and you will also need to apply an antibiotic cream to your nose, three times a day.

While following the treatment you should change your bed linen and clothing daily. You should also use a clean towel and wash cloth every day. Skin cells are continuously shed and any MRSA present on the skin will be on the cells when they are shed. These cells can collect on the clothing and bed linen.

### **Do I need to tell anyone I have or have had MRSA?**

There are some incidences when you need to tell the doctors or nurses caring for you:

- On admission to hospital
- Before an outpatients appointment
- Before visiting your General Practitioner (GP) or Practice Nurse for dressing changes
- Before admission to a residential or nursing home



# MRSA: Treatment Programme Regime

## MRSA: Treatment Programme

1. Wet skin. Apply approximately 30 mls of Hibiscrub or Octenisan directly onto wet skin using the hands or a cloth, preferably a disposable one.

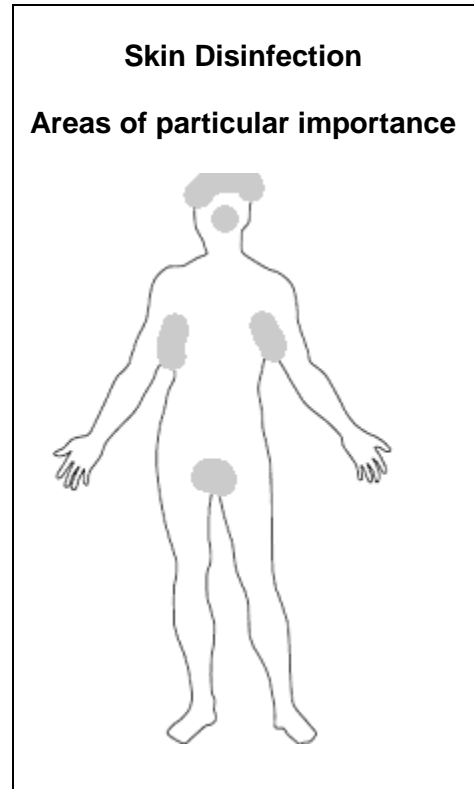
Use the Hibiscrub or Octenisan as a liquid soap and shampoo.

Wash from head to toe, starting at the top and working down. Wash vigorously, pay particular attention to the following areas:

- **Hair**
- **Around and just inside the nostrils**
- **Under the arms**
- **Between the legs and groin**
- **In skin folds**

Hibiscrub or Octenisan should be in contact with the skin for about 1 minute.

2. Rinse from head to toe.
3. Dry intact skin using a clean towel.
4. Continue skin disinfection regime for five days.



**Hair** - You can use your own shampoo/conditioner after using the Hibiscrub or Octenisan, if you wish. Head scarves, if worn, should be changed daily and laundered. Wigs should not be worn during the treatment unless they can be laundered.

**Wounds** – If you have an open or infected wound this will need to be covered by a dressing.

For wounds that have MRSA present, you may need special dressings or require oral antibiotics prescribed. Your practice/clinic nurse or doctor will advise you.

**Bed linen** – Ideally the bed linen, sheets, pillowcases and duvet covers, should be changed daily, at least for the first three to four days. The bed should be stripped and the linen placed in the washing machine or washing bag before you have your bath/shower. Linen can be washed in your own washing machine and a 40°C wash cycle is fine. Tumble drying will also kill MRSA.



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**Clothing** – All your clothing, including nightwear, should be changed daily. Clothes should be put in the washing machine or wash bag before you take your bath/shower. A 40°C wash cycle is fine. Tumble drying will also kill MRSA. Try to make sure all the ‘dirty’ clothes and bed linen are washed immediately or put away until they can be washed. Anyone handling the dirty clothes/linen should wash their hands afterwards.

**Side effects** – The treatment has few side effects but if you develop a rash stop the treatment and ask your practice/clinic nurse or doctor for advice.

**Family/social contacts** – While MRSA can be passed from person to person it is not a real problem in the home or for work colleagues. If sharing a bed, night clothes should be worn while following the programme. You can take part in all social activities. However you should use your own towel and not share it.

**Follow up testing screens** - An MRSA clearance screen should be obtained 48 hours after all the antiseptic treatment, including antibiotics, have been stopped. Three screens are required with a minimum of four days between each screen.

Should any of the swabs from the post treatment screens prove to be positive, the full MRSA treatment programme can be followed once more and then obtain clearance screens as above.

**Daily checklist** – Here is a quick reminder of what to do. You can tick the boxes when you have completed the treatment every day.

		Day 1	Day 2	Day 3	Day 4	Day 5
Mupirocin in nose	- Morning					
	- Noon					
	- Evening					
Wash hair/skin						
Wash Clothes						
Wash bed linen						



# MRSA: Treatment Programme Regime

You can find more information about MRSA in the following ways:

**Ask Trust staff for the MRSA Patient Information Leaflet**

**NHS UK**

<http://www.nhs.uk>

**MRSA Action**

<http://mrsaactionuk.net>

Tel: 01337 841098

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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