



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

MRSA Methicillin Resistant Staphylococcus Aureus

Information for patients, relatives and carers

① For more information, please contact:

The Infection Prevention Team

York Tel: 01904 725860

The York Hospital, Wigginton Road, York, YO31 8HE

or

Scarborough Tel: 01723 342395

Scarborough Hospital, Woodlands Drive,
Scarborough, YO12 6QL

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What is MRSA?

MRSA is an antibiotic resistant strain of a common germ called *Staphylococcus aureus*. Most people have *Staphylococcus aureus* on their skin from time to time and remain healthy. This is known as being a 'carrier'.

Some people in hospital particularly those with open wounds, drips, drains, and catheters are more vulnerable to becoming infected by *Staphylococcus aureus*. Although MRSA is no more dangerous than other *Staphylococcus aureus*, infections with MRSA are harder to treat because special antibiotics have to be used.

It is important to remember that MRSA holds no problems for those of us who are fit and well.

This booklet explains what it means to be a carrier of MRSA.

If you are found to be carrying MRSA, the following changes to your care will be made:

- We will make every effort to nurse you in a single room. We may ask you to restrict your movements to mostly inside your room to protect those patients who are ill and are at a greater risk from MRSA.
- All staff must carry out hand cleansing before and after giving you care.
- All staff visiting your room will wear plastic aprons when providing direct hands on care.
- You will need treatment to reduce the level of MRSA on your body. This includes a nasal ointment and body wash.
- If you are still in hospital following treatment swabs will be taken from your nose, throat, groin area, invasive devices, catheter sites and any open wounds to find out if the treatment has worked.
- Your bed linen, towels and face cloths will be changed daily. Your nightwear or day clothes need to be changed also.
- Your own laundry should be washed at home. Wash separately in the washing machine on the hottest wash the clothes will withstand.
- We will place an alert on your electronic medical records. This will remind staff that you have been a carrier of MRSA so that if you are readmitted to the Trust you will be given appropriate antibiotics if required and managed appropriately.

Visitors, relatives and carers

Visiting a patient with MRSA can continue as normal. MRSA does not usually cause a problem to anyone unless they are ill themselves. However, the following should be considered;

- Wash your hands and apply hand sanitizer before entering and on leaving the patient's room or bay.
- You do not need to wear apron and gloves during the visit unless you are involved in giving care to the patient such as washing them.

What will happen when you go home?

- If you no longer carry MRSA, then no further treatment is required.
- If you are still carrying MRSA, you will still be able to go home and finish the course of treatment at home.
- If you need treatment by the district nurse, this will not be affected.
- If you are concerned that you have relatives who are at risk, please speak to a nurse.

If there is something you do not understand in this leaflet, or you wish to discuss it further, ask the nurse in charge to contact the Infection Prevention Team.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Infection Prevention Nurses:

The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725860.

Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL or telephone 01723 342395.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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