

York Teaching Hospital **NHS**

NHS Foundation Trust

**The treatment of elective
patients with Methicillin
Resistant Staphylococcus
Aureus (MRSA)**

Information for Patients



Infection Prevention Team

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This leaflet is available in other formats and languages. If you require this leaflet in Braille, on audio tape or cd, in large print or another language please telephone 01904 725796.

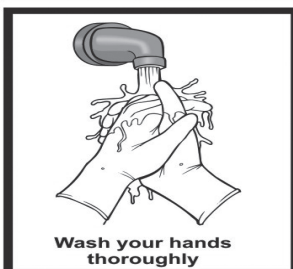
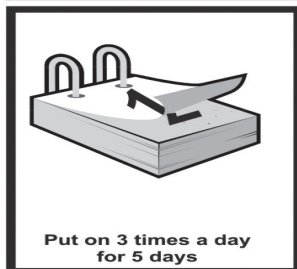
Introduction

Following the swabs that were taken in outpatients you have been found to be carrying (colonised with) the germ MRSA. To try to get rid of it you need to use one of the following body wash treatments, along with Bactroban ointment to your nose.

Nurse that gives you the decolonisation will advise you when to start using it.

1. Treatment using Bactroban (Mupirocin) nasal ointment

Apply this ointment to the front, inside areas of both your nostrils **3** times a day for **5** days.



2. Hibiscrub skin cleanser (foam or liquid)

On days 1 to 5: Ensure that your hair and body are totally wet before applying the Hibiscrub. Apply the foam directly onto your skin **or** if you are using the liquid pour this onto a damp cloth before applying to your skin daily. Pay particular attention to your hair, genital area, groin and armpits. Ensure Hibiscrub remains on your skin for at least 60 seconds for it to be effective, then rinse and dry your skin thoroughly.

Hair washing: Use Hibiscrub as a shampoo and wash your hair twice in the five days. Avoid contact with your eyes. If skin irritation develops wash off immediately and contact your GP or a nurse in the Infection Prevention Team at the Hospital. Our telephone number is 01904 725860.

Treatment using Hibiscrub Skin Cleanser



3. Oilatum Plus

To be used if you have a known skin conditions such as dermatitis or you have chronic wounds or sores for example leg ulcers.

On days 1 to 5: Bathe using Oilatum Plus bath emollient. **Do not use if showering. This product will make the bath very slippy - use a bathmat.**

Always dilute with water before use - **do not apply undiluted directly onto your skin.**

Add 1 capful (10 millilitres) of Oilatum Plus for each 10 centimetres of water.

Soak for 10 to 15 minutes. Gently pat your skin dry with a clean towel.

If you cannot go in the bath for any reason add 1.5mls ($\frac{1}{3}$ of a teaspoon) of Oilatum Plus to your washbowl and wash yourself from head to toe.

Avoid contact with your eyes. If skin irritation develops wash off immediately and contact your GP or a nurse in the Infection Prevention Team at the Hospital. Our telephone number is 01904 725860.

For washing your hair please use Hibiscrub and refer to page 3.

Treatment using Oilatum plus bath emollient



Name:-

Checklist for using Hibiscrub for washing

Day		1	2	3	4	5
Time & Date						
Mupirocin - nasal ointment 3 times a day	8am 2pm 10pm					
Hibiscrub - shower or wash daily	Daily					
Hibiscrub - hairwash twice a week	Twice a week		x	x		x

Important

Please complete the record of your treatment above, using the tick boxes. Please remember to bring this form with you to the hospital on the day of your admission so that the nurse can see how you have got on with your treatment.

Name:-

Checklist for using Oilatum Plus for washing

Day		1	2	3	4	5
Time & Date						
Bactroban Mupirocin - nasal ointment 3 times a day	8am 2pm 10pm					
Oilatum Plus - bath or wash daily. For patients with skin conditions or chronic lesions	Daily					
Hibiscrub - hairwash twice a week	Twice a week		X	X		X

Important

Please complete the record of your treatment above, using the tick boxes. Please remember to bring this form with you to the hospital on the day of your admission so that the nurse can see how you have got on with your treatment.

Would you like to comment on this leaflet?

Meeting the needs and preferences of patients and carers is at the centre of everything we do. We hope that you found this leaflet useful and informative.

If you would like to comment on it, please contact the Infection Prevention Team, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725860.

Teaching and Training

York Teaching Hospital NHS Foundation Trust is involved in the teaching or training of medical staff who may be in attendance at some patient consultations. However, there is an 'opt out' option for any patient who prefers to see a doctor without training medical staff in attendance.

Patient Advice and Liaison Service (PALS)

Patient Advice and Liaison Service (PALS) is located in the main entrance of the hospital. They can be contacted on telephone number 01904 726262, answer phone is available out of hours or via email pals@york.nhs.uk.



Our Commitment to You

Our ultimate objective is to be trusted to deliver safe, effective healthcare to our community. You can find further details on our website: www.york.nhs.uk.



If you require further information please contact the Infection Prevention Team on telephone number 01904 725860.

Owner	Infection Prevention Team
Author	Infection Prevention Team
Date of Issue	May 2009
Review Date	October 2013
Version	3 (issued October 2011)
Approved By	Infection Prevention Team

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