

MRSA
Methicillin Resistant
Staphylococcus Aureus

Information for patients



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Contents

Page

What is MRSA?	2
What about visitors?	4
What will happen when I go home?	4

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.

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. Sometimes it causes infections such as boils.

Some people in hospital particularly those with open wounds, drips drains and catheters are more likely to be ill when 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 the MRSA bug, 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. There will be a poster on your door reminding staff to wash their hands.
- All staff visiting your room will wear plastic aprons when providing **direct hands on care**.
- Swabs will be taken from your nose, groin area, invasive devices, catheter sites and any place on your body, which has an open wound. This is to find out where on your body the MRSA bug is.
- You will need treatment to reduce the level of MRSA on your body; a separate leaflet will be given to you which will explain in more detail.
- Your bed linen will be changed daily. Your nightwear or day clothes need to be changed also.
- Your clothing, towels and facecloth should be laundered at home. They should be washed separately in the washing machine on the hottest wash the clothes will withstand.
- When you have a negative result for MRSA, you do not need to stay in a single room.


What about visitors?

Visiting can continue as normal. MRSA does not usually cause a problem to anyone unless they are ill themselves. However, your visitors should consider the following;

- Before entering and on leaving your room or bay, they should wash their hands and apply disinfectant gel available (hand sanitizer).

What will happen when I go home?

- If you no longer carry MRSA, then no further treatment is required.
- If you are still carrying the MRSA bug, you will still be able to go 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 anyone with whom you live suffers from a serious illness, please discuss this with the nurse in charge before you go home.



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 Department.

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.

Trust Core Values

Meeting the needs 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 Nurses, Infection Prevention Team, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725730.



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

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