

Renal (Haemodialysis) Unit Patient Information



The Information Standard Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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MRSA

Decolonisation Treatment (inc. Octenisan and Mupirocin 2% Nasal Ointment)

PATIENT LABEL
Surname
Forename
DOB
Patient N ^o

Dear Patient,

Your routine swabs have shown that you have the MRSA bacteria present. (See attached copy of your results).

What is MRSA?

MRSA stands Methicillin-resistant Staphylococcus aureus and it is sometimes called a superbug.

Staphylococcus aureus, also known as staph, can usually be treated with antibiotics. However, over the years, some strains of staph, like MRSA, have become resistant to antibiotics that once destroyed it. MRSA was first discovered in 1961. It's now resistant to methicillin, amoxicillin, penicillin, oxacillin, and many other antibiotics.

Who gets MRSA?

MRSA is spread by skin to skin contact. So you could get MRSA by touching another person who has it on the skin. Or you could get it by touching objects that have the bacteria on them. Or even from not washing hands thoroughly with soap and water especially after using the toilet, and before and after eating.

MRSA infections are most common among people who have weakened immune systems.

If the bacteria enters a break in the skin, they can cause life- threatening infections, such as blood poisoning or endocarditis.

How do I know if I have got MRSA?

MRSA is found when swabs from the skin (groin), nose or wounds are examined in a laboratory. They sometimes send samples of blood also. Your nurse will have informed you if MRSA has been found on your swab.

We routinely screen all Haemodialysis patients for MRSA: Fistula/Graft every 3 months and Central Venous Cather (CVC) every month.

What treatment do I need?

You have been provided with the treatment you need to clear the MRSA. This is called decolonisation treatment. It involves using a body wash and nasal ointment for 5 consecutive days. Please follow these instructions carefully, to maximise successful treatment.

What will happen to me whilst I'm in hospital?

Once your nurse has identified that you have MRSA, the doctor will prescribe the appropriate treatment for you. You will normally stay within the bay you are in, but, in some circumstances it may be necessary to move you into a side room to protect other vulnerable people on the ward and to prevent the spread of the MRSA.

If MRSA has been found in your blood, your doctors may want to take another sample of blood once you have completed your treatment.

Will MRSA stop me going home from hospital?

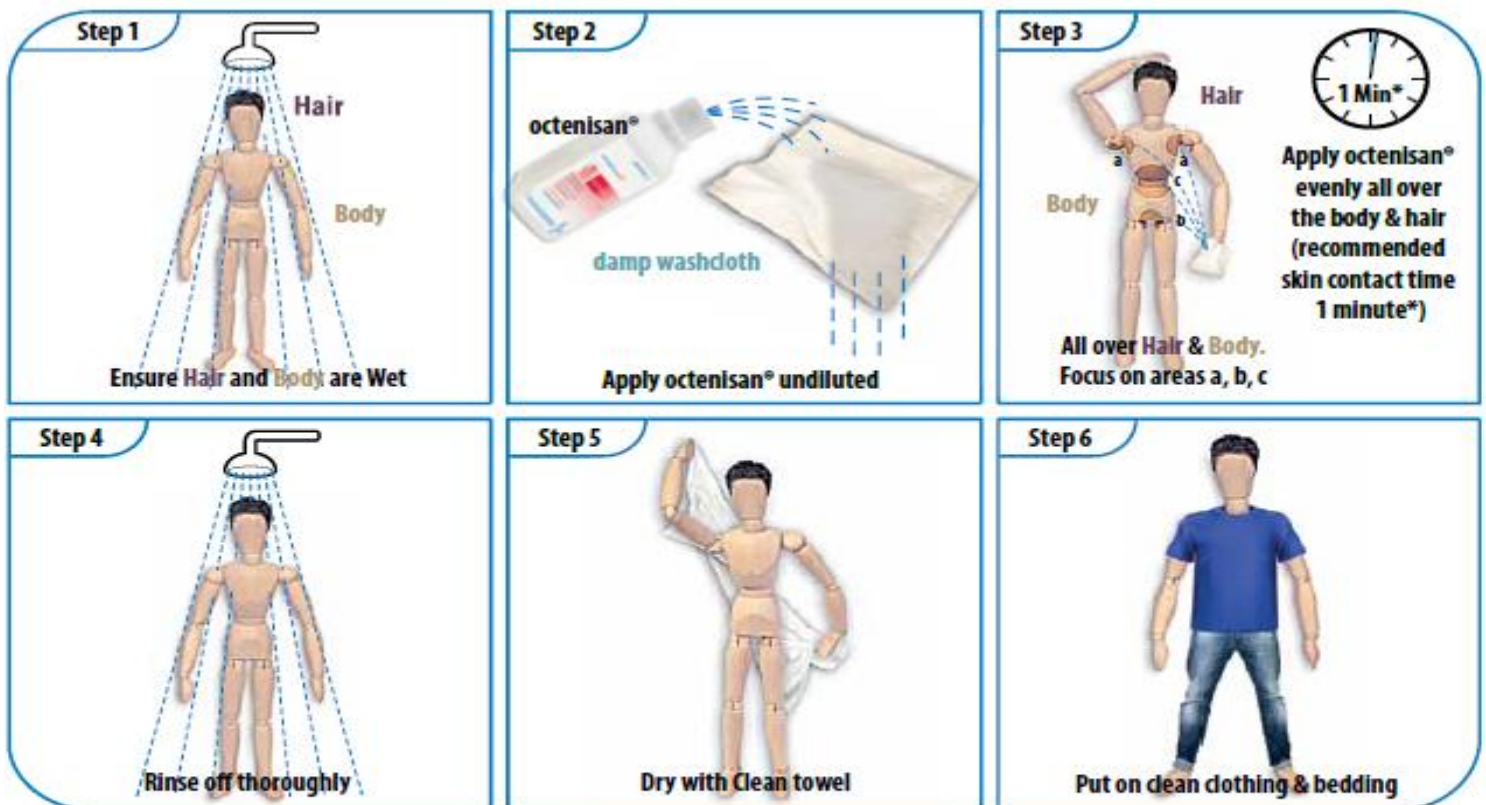
No. If you are well enough to go home you will still be able to do so. MRSA is not a risk for healthy people. There are no restrictions on normal social contact or activities and you are not a risk to other members of your family or friends.

To be completed by patient daily during treatment:

Octenisan® Body wash	Day 1	Day 2	Day 3	Day 4	Day 5
	Date:	Date:	Date:	Date:	Date:
	Initials:	Initials:	Initials:	Initials:	Initials:

Body treatment protocol:

- Apply Octenisan® undiluted onto a disposable clean, damp washcloth of which you are the sole user
- Apply evenly all over body and hair to be cleansed and wash off
- For showering or hair washing, simply use Octenisan® in the same manner as other hair and skin washing preparations
- Always observe the recommended contact time of 1 minute
- Please see the pictured diagram below for extra guidance



Day 1	Day 2	Day 3	Day 4	Day 5
Body	Body & Hair	Body	Body & Hair	Body

To be completed by patient daily during treatment:

Mupirocin 2% Nasal Ointment		Day 1	Day 2	Day 3	Day 4	Day 5
		Date:	Date:	Date:	Date:	Date:
	Morning	Initials:	Initials:	Initials:	Initials:	Initials:
	Afternoon	Initials:	Initials:	Initials:	Initials:	Initials:
	Evening	Initials:	Initials:	Initials:	Initials:	Initials:

Nasal treatment protocol:

Please read the Patient Information Leaflet included in the box with the Mupirocin nasal ointment before you begin to use it.

The nasal ointment is to be applied to **the inside of both nostrils 3 times a day for 5 days** as described in the Patient Information Leaflet.

Following application of the nasal ointment to the inside of the nostrils it is important that the outside of the nose is massaged well. This will ensure the treatment is effective. You may be able to taste the nasal ointment.

If being treated at home, please bring any remaining Octenisan® bodywash or Mupirocin 2% nasal ointment into hospital with you.

Further Information

If you require further information, please contact:

Haemodialysis Team on **01305 255345**
Infection Control Team on **01305 253279**