



Information for
patients and
carers

MRSA
*(Methicillin-Resistant
Staphylococcus Aureus)*

MRSA is a type of bacteria that's resistant to several widely used antibiotics. This means infections with MRSA can be harder to treat than other bacterial infections.

The full name of MRSA is *methicillin-resistant Staphylococcus aureus*. You might have heard it called a "superbug".

MRSA infections mainly affect people who are staying in hospital. They can be serious, but can usually be treated with antibiotics that work against MRSA.

How you get MRSA

MRSA lives harmlessly on the skin of around 1 in 30 people – usually in the nose, armpits, groin or buttocks. This is known as "colonisation" or "carrying" MRSA.

You can get MRSA on your skin by:

- touching someone who has it
- sharing things like towels, sheets and clothes with someone who has MRSA on their skin
- touching surfaces or objects that have MRSA on them

Getting MRSA on your skin won't make you ill, and it may go away in a few hours, days, weeks or months without you noticing. But it could cause an infection if it gets deeper into your body.

People staying in hospital are most at risk of this happening because:

- they often have a way for the bacteria to get into their body, such as a wound, burn, feeding tube, drip into a vein, or urinary catheter
- they may have other serious health problems that mean their body is less able to fight off the bacteria

- they are in close contact with a large number of people, so the bacteria can spread more easily

Healthy people (including children and pregnant women) aren't usually at risk of MRSA infections.

Symptoms of MRSA

Having MRSA on your skin doesn't cause any symptoms and doesn't make you ill. You won't usually know if you have it unless you have a screening test before going into hospital.

If MRSA gets deeper into your skin, it can cause:

- redness
- swelling
- warmth
- pain
- pus

If it gets further into your body, it can also cause:

- a high temperature of 38C⁰ (100.4F⁰) or above
- chills
- aches and pains
- dizziness
- confusion

Tell a member of staff if you get these symptoms while in hospital. Call your GP or NHS 111 if you experience these symptoms at home.

Screening and testing for MRSA

If you need to go into hospital and it's likely you'll be staying overnight, you may have a simple screening test to check your skin for MRSA before you're admitted.

This is normally done at a pre-admission clinic or your GP surgery. A nurse will run a cotton bud (swab) over your skin so it can be checked for MRSA.

Swabs may be taken from several places, such as your nose, throat, armpits, groin, and any damaged skin. This is painless and only takes a few seconds. The results will be available within a few days.

If you're not carrying MRSA, it's unlikely you'll be contacted about the result and you should follow the instructions from your hospital as normal.

If you're carrying MRSA, you'll be told by the hospital or your GP. You may need treatment to remove the bacteria to reduce your risk of getting an infection or spreading the bacteria.

Treatments for MRSA

Removing MRSA from your skin

If screening finds MRSA on your skin, you may need treatment to remove it. This is known as decolonisation.

This usually involves:

- applying antibacterial cream inside your nose three times a day for five days
- washing with an antibacterial shampoo on day 2 and day 5 as per trust policy
- changing your towel, clothes and bedding every day during treatment – the resulting laundry should be washed separately from other people's, and at a high temperature

Treatment is normally done at home, but may be started after going into hospital if you need to be admitted quickly.

Treatment for an MRSA infection

If you get an MRSA infection, you'll usually be treated with antibiotics that work against MRSA.

These may be taken as tablets or given as injections. Treatment can last a few days to a few weeks.

During treatment, you may need to stay in your own room or in a ward with other people who have an MRSA infection to help stop it spreading. You can normally still have visitors, but it's important they take precautions to prevent MRSA spreading.

Preventing MRSA

If you're staying in hospital, there are some simple things you can do to reduce your risk of getting or spreading MRSA.

You should:

- wash your hands often (hand wipes and alcohol hand gel are also effective) – especially before and after eating and after going to the toilet
- follow the advice you're given about wound care and looking after devices that could lead to infection (such as urinary catheters or drips)
- report any unclean facilities to staff – don't be afraid to talk to staff if you're concerned about hygiene

If you're visiting someone in hospital, clean your hands before and after entering the ward and before touching the person. Gel or wipes are often placed by patients' beds and at the entrance to wards.

It's also a good idea to put a dressing over any breaks in your skin, such as sores or cuts, to stop MRSA getting into your body.

Read more advice about visiting someone in hospital.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.nhs.uk/conditions/mrsa/

www.nhs.uk/common-health-questions/infections/can-a-hospital-patient-with-mrsa-infection-have-visitors/

<http://mrsaactionuk.net/goingintohospital.html>

You can obtain further information from:

Infection Prevention & Control Team - Telephone: 01772 523785

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لئے مدد کی ضرورت ہے تو یی چھپا یں یبھی دست بو یسکت ہے برا ے مہر یان پو ے یچھدی معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات ير جى أن تطلب أخرى يمكن تو فير هذه المعلومات

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