



What can I do to help?

It is very important to tell your nurse or doctor on admission if you have a history of MRSA. It is also important that you tell nurses or doctors that you attend in the community i.e. Public Health Nurses.

Remember good hand washing practice limits the spread of MRSA.

If a patient has *MRSA* we may share that information with other hospitals. The Patient should also inform their carers of the result on admission to another hospital. This will help to stop the spread of MRSA in hospital.

Are there any risks to my family when I go home from hospital?

Contact with family and friends who are healthy poses no risk.

It is very important to continue good hygiene including frequent hand washing when discharged home.

Bed linen and personal clothing should be washed and changed as normal using the hottest temperature suitable for the fabric

How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager or nurse looking after you if you would like to speak to a member of the Infection Prevention and Control Team and they will contact us.

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

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**Tallaght
University
Hospital**

An Academic Partner of Trinity College Dublin

**PATIENT
INFORMATION
LEAFLET**

MRSA Information



What is MRSA?

Staphylococcus aureus is a germ which is a common cause of skin infections and is carried in the nose or skin of about 30% of the population.

MRSA stands for **Meticillin Resistant *Staphylococcus Aureus***. This germ is resistant to some groups of antibiotics. It is carried in the nose or skin of less than 1% of people in the community. People who have MRSA on their bodies or in their noses and are unharmed by it, are described as being colonised.

MRSA may sometimes spread to other parts of the body causing infections.

How is MRSA spread?

MRSA can be spread by direct contact from one person to another. If you have been diagnosed with MRSA, the Infection Prevention & Control Team will inform the staff caring for you.

Keeping hands clean is one of the most effective ways to control the spread of infection in hospital.

Remember it only takes 30 seconds to clean your hands!



How can you tell that I have MRSA?

A swab from your skin, nose or other samples requested by your doctor such as sputum or wound swabs are sent to the Laboratory for testing and the report will be sent back to your doctor. Your medical team will inform you if you have MRSA.

What treatment will I need?

Your doctor will decide what treatment you require depending on whether you are colonised or infected with MRSA. If you are found to be colonised with MRSA your doctor may prescribe a lotion to wash with and a cream to put inside your nose. If you have an infection you may require antibiotic therapy. There are several antibiotics which can be used to treat MRSA infection.

Do I have to stay in hospital longer because I have MRSA?

Most patients who are colonised with MRSA can be discharged from hospital. If you have an infection you may have to stay in hospital until you are finished your antibiotics and are feeling better.

Can my family and friends visit me while I'm in hospital?

Yes.

All visitors should clean their hands before and after they visit you.

Visitors do not need to wear aprons or gloves.

If your visitor has a long term health condition they should speak to a member of the nursing staff before visiting you.

Please tell your visitor not to visit other patients after visiting you

