

MRSA Decolonisation Treatment Regime

Infection Prevention

What is MRSA?

MRSA stands for Meticillin Resistant Staphylococcus Aureus. This is a medical term for an infection that has developed a resistance to some antibiotics used to treat common infections.

Where does MRSA live?

MRSA can be found anywhere on the human body, be it on the skin, in the nose and sometimes in wounds. It can also live outside the body in dust and on surfaces for short periods. Mostly it lives on your skin and nose without causing any harm.

How does it spread?

MRSA is usually spread by direct skin to skin contact, usually by a person's hands or contaminated objects.

What problems can MRSA cause?

MRSA can cause abscesses, boils and wound infections. It can also lead to serious infections such as chest infections and blood poisoning.

Why do I need MRSA decolonisation treatment?

Your routine admission screening tests have identified that you are positive to MRSA. You will be offered decolonisation treatment to reduce the bacteria on your skin and in your nose, which will reduce your risk of developing an MRSA infection.

What does decolonisation treatment involve?

The treatment involves using an antiseptic body wash known as Chlorhexidine and an antiseptic nasal ointment known as Mupirocin. This treatment will last for 5 days.

How do I use the decolonisation treatment?







Follow these instructions carefully to maximise the effectiveness of the treatment:

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How to use the Chlorhexidine (Antiseptic) wash for 5 days







1. Use the Chlorhexidine instead of your normal soap or body wash
2. The antiseptic wash should be used undiluted as a liquid soap
3. Wash yourself preferably in a shower if you can, as this will help keep the solution undiluted and ensure you can reach all areas of your body easily
4. It is to be applied to wet skin and remain in situ on your body for approximately 3 minutes prior to rinsing it off
5. You should begin by washing your face, and work down your body
6. Ensure you pay particular attention to your nose, armpits and groin areas
7. You will need to wash your hair at least twice within a 5 day period on separate days, using the antiseptic wash. You will need to leave on your hair for approximately 3 minutes before rinsing it off. Start by washing your hair first and then your body
8. Ensure you avoid direct contact with your eyes or ears. If this occurs, rinse thoroughly with water
9. Once you have completed your wash, you should dry yourself and put on clean clothing
10. Only use the Chlorhexidine wash for 5 days as instructed
11. See the diagram overleaf for visual instruction:

Step 1	Step 2	Step 3
		
Ensure hair and body are wet.	Using a clean damp wash cloth, apply Chlorhexidine undiluted.	Continue washing, paying particular attention to the armpits, stomach and groin area. Apply Chlorhexidine evenly all over the body (recommended skin contact time 1 min).
Step 4	Step 5	Step 6
		
Rinse off thoroughly.	Hair to be washed with Chlorhexidine followed by normal shampoo, a minimum of twice in the five day period.	Dry thoroughly with a clean dry towel, followed by the donning of clean clothing and bedding.

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

How to use the Mupirocin (nasal ointment) for 5 days

1. Ensure that you wash your hands thoroughly before application of the nasal ointment
2. Apply a small amount of the nasal ointment, the size of a match head, on to your little finger or a clean cotton bud
3. Insert your finger or bud gently into one nostril, not going too far, and apply ointment to the inside of it
4. Repeat the process for the other nostril
5. Ensure you press the sides of your nose together for a short period of time to allow the ointment to spread around the inside of your nostrils
6. If completed correctly, you should taste the ointment at the back of your throat
7. Wash your hands thoroughly again
8. This regime needs to be followed 3 times a day in evenly spaced intervals
9. Only use the ointment for the 5 days as instructed
10. See the diagram below for visual instruction:

A nasal ointment called Mupirocin should be used 3 times a day for 5 days					
					
1. Wash and dry your hands.	2. Unscrew the cap and squeeze a small amount of ointment, the size of a match head onto your little finger.	3. Apply ointment to the inside of one nostril.	4. Repeat steps 2 and 3 for the other nostril.	5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the ointment inside each nostril.	6. Wash and dry your hands. Then replace the cap on the tube.

Tick sheet

Use this helpful tick sheet below to tick off each days application of treatment:

Treatment plan - Chlorhexidine Wash		Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to skin during a shower						
Shampoo hair						
Treatment plan for Mupirocin						
Apply Nasal cream inside both nostrils	Morning					
	Afternoon					
	Evening					

Other useful information

1. Always use a clean, freshly laundered towel to dry yourself each day
2. Always wear clean, freshly laundered clothing each day
3. If possible use clean bed sheets daily
4. Wash clothing and bed sheets at the highest temperature possible
5. Store the wash and ointment at room temperature
6. Side effects are uncommon, refer to the product information leaflet for each product to see full details. However, if you do experience a rash or very sore skin then stop the treatment and consult your doctor
7. Depending on the availability of chlorhexidine and mupirocin we sometimes use an alternative bodywash or nasal cream/ointment. These may have different directions for use. You will need to make sure you read the label and instructions. Also consult with the health care professional looking after you or the pharmacist.

Any further questions

Contact the Royal Wolverhampton NHS Trust Infection Prevention Team on 01902 307999.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。