

BACTROBAN NASAL OINTMENT

(Calcium Mupirocin 2%) This ointment should be applied 3 TIMES A DAY to the inside of the nostrils for 5 days by carefully using a cotton bud or your little finger, which should be clean (wash hands before and after application). The sides of the nose should then be pressed together to ensure that the ointment is spread throughout the nostrils. It is recommended that this treatment is only provided twice in succession. Occasionally you may be provided with a different preparation.

CX ANTISEPTIC DUSTING POWDER

CX powder may be used daily following washing. A light dusting of powder should be applied to dry skin. Areas to apply include armpits, bellybutton, and lower body area. It should not be applied to broken skin.

Dependent upon your swab results, you may find you are prescribed some or all of the above items. In some cases you may also receive some antibiotics or have different dressings for any wounds. If you are unsure about the treatment you are given please ask the doctor or nurse to explain fully.

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the

PALS team by phone on

☎ 01905 760020;

by letter ✉ Communications,
Worcestershire Health and Care Trust,
2 Kings Court, Charles Hasting Way,
Worcester. WR5 1JR.

or by email 📧:

WHCNHS.communications@nhs.net



**Worcestershire
Health and Care**
NHS Trust



MRSA TREATMENT INFORMATION

This leaflet is designed for people who have been screened for MRSA and have been found to have a positive result.

If you are given this leaflet, you will have been told that one or more of the swabs that were taken to check for MRSA were found to be positive.

WHAT NOW?

You are now asked to follow a programme to reduce the amount of MRSA you have either on your skin or in other sites. If you have any questions please discuss them with medical or nursing staff who are caring for you or providing your treatment.

WHY DO WE NEED TO REDUCE MRSA?

Special care is taken with MRSA because it is resistant to certain antibiotics and can be more difficult to treat. Some people will not know they have this germ as it can be harmlessly carried on the skin or in the nose without causing an infection. It is carried more easily on skin that is broken, for example where there is a rash, a cut or a sore. MRSA can also cause abscesses, boils and wound infections, particularly in people who are already unwell or who have had surgery. In the majority of cases it does not cause a problem.

HOW DO WE GET RID OF MRSA?

To reduce the level of MRSA, you will be asked to use a number of different products, these may be supplied as separate items or as one in a bag called a "Staph Pack". Whichever way you receive these items, the content will remain the same in whole or part. The usual treatment course is for 5 days, however in some cases staff may request that treatment is continued for longer.

If any further swabs are required after treatment staff will arrange for this to occur. Treatment must be stopped for 2 days prior to any further swabs being taken to check for MRSA. If these are required you will be instructed as to whether you should restart the treatment following this.

Sometimes it can take several weeks to reduce the level of MRSA and during this time you may be given different medication. Occasionally your doctor may also prescribe some antibiotics for you to take or if you have a wound a different dressing may be used.

WHAT IS THE TREATMENT?

Treatment can comprise of following agents, as prescribed:

SKIN CLEANSER (OCTENISAN OR CHLORHEXIDINE).

These are hair and body washes which reduce the amount of MRSA that is present on the skin. The wash should be used like shower gel on a daily basis for at least 5 days, following the steps below which allows for regular hair and body washing to occur.

DAY 1 Body Wash DAY 2 Body and Hair Wash
DAY 3 Body Wash DAY 4 Body and Hair Wash
DAY 5 Body Wash

STEPS FOR SUCCESS

- 1 Wet skin (and hair if required)
- 2 Apply an adequate amount of the wash (as if it were shower gel) onto wet skin or a wash cloth. (Use a clean and dry washcloth/towel for each day and ensure you are the sole user of these items)
- 3 Wash the whole body (and hair) observing the recommended contact time of 1 minutes. Pay particular attention to all areas of the body, including arm pits, navel (belly button), groin, perineum (area of skin around bottom) feet and hairline.
- 4 Rinse off thoroughly and dry with a clean towel.
- 5 Put on clean clothing and where possible change bedding (at least once) during treatment.