

MRSA – Methicillin-Resistant Staphylococcus Aureus



Patient Tutorial

What is MRSA?

Staphylococcus Aureus or 'Staph' is a very common germ found in 1 out of every 3 people's skin and nose. Normally they do not cause any problems; but sometimes can cause serious infections like skin and wound infections, pneumonia and blood infections.

Antibiotics are given to kill Staph infections, but sometimes the bug may become resistant to the antibiotics; meaning they cannot be killed.

MRSA is Staph infection that cannot be killed by some of the commonly used antibiotics often used to treat Staph infections

Who is most likely to get an MRSA infection?

- People that have health conditions causing them to have chronic illnesses like chronic renal failure
- People that have previously been admitted to hospital
- People living in nursing homes
- People that have been treated with antibiotics

How do I get an MRSA infection?

People who have the MRSA germ on their skin can spread the germ to other people.

MRSA can be passed on by:

- Bed linen
- Bed rails
- Bathroom fixtures
- Medical equipment
- Hands of doctors, nurses, other healthcare providers and visitors

Can MRSA infections be treated?

YES; there are antibiotics that can kill MRSA germs. Some patients with MRSA abscesses may need surgery to drain the infection. Your doctor will determine the best treatment option for you.



What are some of the things hospitals are doing to prevent MRSA infections?

To prevent MRSA infections doctors, nurses and other healthcare providers:

- Clean their hands with soap and water or alcohol-based hand rub before and after caring for every patient
- Clean hospital rooms and medical equipment
- Use contact precautions when caring for a patient with an MRSA infection; this means:
 - Treating the patient in single room or share a room with only someone else with MRSA
 - Healthcare providers puts on gloves and wears a gown
 - Visitors will wear gloves and gowns
 - When leaving the room healthcare providers and visitors must remove the gloves and gowns and clean their hands
 - Patients may not leave their rooms without permission from the healthcare providers

What can I do to help prevent MRSA infections?

- Make sure all healthcare providers clean their hands before treating you; with water and soap or alcohol-based hand rub
- Take the full course of antibiotics prescribed by your doctor
- Wash your hands often with soap and water
- Do not share towels and razors
- Wash and dry your clothes and bed lines in the warmest temperatures recommended on the labels
- Tell healthcare workers that you have MRSA; this will help them to optimize your treatment