

Multidrug Resistant Staphylococcus (MRSA)

Getting Ready to Learn about MRSA

Learning something new can be hard when you are not feeling well. Here are some good things to tell the staff:

- Who do you want to learn with you? We would like to have someone who will be helping you at home learn with you.
- What is the best way for you to learn? Do you learn best by reading a book or pamphlet or learning by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “small” bits over several days.

By the time, I leave the hospital I will be able to tell the staff:

- What a MRSA infection is.
- How MRSA is spread.
- Who is at risk for getting MRSA.
- How the hospital stops the spread of MRSA.
- What I can do to stop the spread of MRSA
- What I need to do at home.

The staff will use three questions and answers to teach me about MRSA:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about my disease and how to take care of myself.

What is my main problem?

I have been diagnosed with an infection caused by multidrug resistant staphylococcus (staph or MRSA). MRSA is a germ that can live in my nose and on my skin. It does not usually cause any problems. I can carry MRSA for weeks and months without knowing it. For some people, staph can cause pneumonia, wound or blood infections. When a germ is multidrug resistant most antibiotics cannot kill the germ. MRSA can be treated with other, newer antibiotics. Your doctor will decide which treatments are best for you.

Some people can pick up and carry MRSA on their skin for weeks or months. These people do not get sick, but they have MRSA. The only way to check for MRSA is to do a test. A cotton swab is gently rubbed in the nose and tested in a lab. The test results are ready in 2-3 days.

What do I need to do?

I will be able to tell the staff how MRSA is spread

- People who have MRSA can spread it to other people. MRSA can also be spread by surfaces in a room. MRSA can get onto my hands if I touch a person with MRSA or touch an object that has MRSA on its surface. MRSA is a very strong germ and can live on unwashed hands for hours. I should wash my hands with soap and water or use an alcohol based hand rub.

I will understand who might be at risk for a MRSA infection.

- Some people are at a higher risk of being infected with MRSA. These are people who:
 - Have health problems making them sick.
 - Have been in the hospital or in a nursing home for a long time.
 - Have been taking antibiotics.
 - Have a disease that harms the body's ability to fight infection.

I will know how my caregivers will help to stop the spread of MRSA in the hospital.

- In the hospital my caregivers will:
 - Clean their hands with soap and water or an alcohol-based hand rub before and after caring for me.
 - Use contact precautions to stop the spread of infection (see handout).

- Visitors
 - The chance of others getting MRSA while visiting me in the hospital is very small. Visitors should:
 - Clean their hands before they enter my room and when they leave my room.
 - Limit what they touch in the hospital room. This includes the call light and the bedside table and stand.
 - Do not sit on the bed.
 - Follow contact precautions if they are going to touch me.

I will be able to tell the staff what I will do to stop the spread of MRSA.

- If I do not see my healthcare worker following contact precautions and cleaning their hands, I will ask them to do so. I know that clean hands save lives.
- I will clean my hands with soap and water.
- I will clean my hands before I eat and after I use the bathroom.
- I will clean my hands with soap and water before I leave my room.

I will be able to tell the staff what I will need to do at home?

- To stop MRSA and to stop spreading MRSA to others I will:
 - Take my antibiotics until they are gone.
 - Wash my hands often and encourage others to wash their hands often.
 - Wash my hands *before and after* changing any of my dressings or bandages.
 - Keep my incision clean and change bandages as ordered until the incision is healed.
 - Not share personal items like towels or razors.
 - Wash my clothes, towels and bed linens in the warmest temperature listed on the labels.
 - Tell anyone caring for me that I have MRSA. This includes home health nurses and aides, therapists, doctor's office staff, and rescue squads.

Why is this important to me?

I have a MRSA infection. That means I have an infection that can spread to others. I can help to stop the spread of MRSA by following the steps listed above.

As part of my care I have received this education plan. I may also receive the following:

- The Infection Prevention Education Plan
- “Please Wash Your Hands” Bronson Patient Education Sheet
- Contact, Droplet, Airborne Precautions Education Sheet
- My Own Personal Purell alcohol-based hand rub

Multidrug Resistant Staphylococcus (MRSA) Education Plan

Resources for Staff

- [Special Precautions Quick Reference for Hospitals](#)
- [MRSA](#)- Nursing Reference Center Plus
- Infection Control Nurse: Phone number 341-6317
- [MRSA](#)- Medline Plus

Teaching Tools

- Infection Prevention Education Plan
- [Preventing Infections in the Hospital- Steps for Patients and Staff](#)- Nursing Reference Center Plus
- Contact/Droplet/Airborne Precaution Education Sheet (automatically prints when patient is placed under precautions)
- [Frequently Asked Questions - MRSA](#)

References:

- APIC Infection Prevention Manual for Hospitals, 2010 Edition, ICP Associates, INC - Gail Bennett RN, MSN, CIC

Approved by:

- Patient Education Council:

Authored by: Infection Control Department

Last revision date: June 2015

*** This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.**