



# MRSA

## Protocol for Patients



### Body wash procedure



1. Commence by thoroughly wetting your face and body in the shower or bath.



2. Using undiluted anti-microbial soap, first wash your face. Special attention is needed around the area of your nose.

NOTE: DO NOT GET SOLUTION IN YOUR EYES.



3. Using a sponge or flannel to apply anti-microbial soap and working downwards, wash your armpits and navel thoroughly.



4. Working downwards cover all the important areas again, face and nose, armpits, navel, groin and buttocks. It is important that the entire body surface is washed but these areas identified, require special attention.



5. After washing all these important areas, carefully and thoroughly rinse your body well.



6. Apply soap to scalp and massage gently for 5 minutes, taking care to cover the hairlines. Rinse after 5 minutes.



7. Next wash very well around the genital and anal region. It is especially important for a man to wash well around the penis and under the scrotum. Equal care and attention is needed for the skin folds of the vulva in women.



8. Finally, rinse your body well and use a freshly laundered towel to dry yourself thoroughly. Do not rub, rather pat dry with the towel. Apply a new bottle of non-perfumed cream to any dry or itchy areas. Freshly washed clothes should be worn after this procedure.

MRSA patient protocol:

Your recent pathology swabs were tested and showed that you are carrying a strain of *Staphylococcus aureus* (Staph) bacteria that occasionally can cause serious infection. At the present time this bacterium is just colonizing on your skin and / or in your nose and is not likely to cause an immediate problem.

The treatment that you are about to undertake aims to remove the Staph from your body for a period of several months. This treatment is successful in approximately 50% of patients. It also reduces the risk of a serious Staph infection. If the treatment is not successful, repeat treatment may be required. This then reduces the chance of you developing a serious infection. If the first treatment is unsuccessful, you may need to be treated again.

What is MRSA?

MRSA stands for methicillin-resistant *Staphylococcus aureus*. Most MRSA strains are often also resistant to many classes of antibiotics (i.e. multi-resistant).

Before you start decolonization - essential things to do:

What do I need to buy?

- Get your prescription filled for the nasal ointment (for example, mupiricin 2%) and other items if required, and a body wash such as 1% triclosan (PhisoHex® or similar) or 4% aqueous chlorhexidine solution
- Cotton buds
- Toothbrush
- Disposable razor (if required)
- Container of alcohol hand hygiene solution (gel or rub).
- Sterident for dentures (if required)
- Alcohol-based cleanser (large alcohol soaked wipes are suitable)

What next?

- Remove nose, ear and other body piercing items for several days prior to the starting the regimen and keep them out during the entire decolonisation period.
- Discard old toothbrushes and razors when the treatment starts. Also discard opened deodorant rollers, skin adhesive tapes, skin creams and solutions - all of these may already be contaminated with Staph.
- Discard pumice stone(s), sponges and disposable face cloths if used.
- All make-up brushes and creams need to be discarded as well.
- Hot wash all fluffy toys.
- Wash hair brush and comb, nail files, plastic toys and cutters in hot water or the dishwasher,
- Remove nail varnish and artificial nails.

Personal items (dentures, combs, razor, eye-glasses and jewellery)

- If dentures are used, remove them every evening during the decolonisation program - clean them carefully and then place them to soak overnight in Sterident.
- Disinfect other personal items daily with an alcohol-based cleanser.

Daily routine for 5 days

Body Washes

- Apply the antiseptic body wash (triclosan or chlorhexidine-based) in the shower daily.
- Take care to wash hair, under the arms and the groin and into any folds of skin.
- Allow the antiseptic to remain on the skin for 5 minutes.

Nasal Ointment

- Wash hands well with soap and water or disinfect hands with alcohol gel / rub and allow to dry.
- Open the nasal ointment. Place a small amount (size of match head) of ointment onto a clean cotton bud and massage gently around the inside of the nostril on one side, making sure not to insert it too deeply (no more than 2-3 cm inside). Use a new cotton bud for the other nostril so that you do not contaminate the ointment tube with Staph.
- After applying the ointment, press a finger against the nose next to the nostril opening and use a circular motion to spread the ointment within the nose.
- Apply the ointment as prescribed for at least 5 days.
- Disinfect hands with alcohol rub / gel after applying the ointment.

**NB: Use a separate prescribed tube of mupirocin for each treated person.**

Throat disinfection (only if directed to do this)

- A proportion of MRSA carriers carry MRSA in their throat and require additional disinfection. If so directed by your doctor, gargle twice daily with 0.1% chlorhexidine mouthwash solution recommended by your doctor.

clients@pathcare.co.za

www.pathcare.co.za

Reviewed: April 2023

Reviewed by: Dr Victoria Howell

“Pathology that Adds Value”