

In diesem Feld können Sie alle notwendigen Angaben für ein gelenktes Dokument gemäß QM-Vorgaben einfügen, im Bereich rechts können Sie das Logo Ihrer Einrichtung einfügen.

Information sheet Methicillin-resistant Staphylococcus aureus (MRSA)

Dear patient,

You have either been diagnosed with methicillin-resistant Staphylococcus aureus (MRSA) or you have had contact with an MRSA patient. We would like to explain which rules of conduct are now important and what measures have to be taken.

MRSA is a bacterial organism resistant to a number of widely-used antibiotics. MRSA can colonize the skin or the nose and throat, without causing illness. If you have only been colonized, you are a carrier but not sick. Healthy **people** can carry MRSA with **no ill** effects, signs or symptoms. However, if MRSA gets into a wound, it can cause severe infection. Therefore, transmission to ill or weakened persons should be avoided in particular.

Hygienic hand disinfection plays an essential role in preventing MRSA transmission in medical facilities. Your health care provider will be happy to show you how to correctly perform hand disinfection.

For as long as you are diagnosed with MRSA, you must be isolated. People will only be allowed to enter your room wearing special protective clothing to prevent further spread of MRSA to other patients. In addition, all surfaces in your immediate environment, including the bathroom, will be cleaned and disinfected daily.

These special precautions are necessary only during hospitalization.

According to current consensus, MRSA is not dangerous for a healthy person undergoing outpatient medical care or at home. Therefore, MRSA carriers can maintain their everyday social contacts without worrying. Only in cases of contact with open wounds or eczema may MRSA infections appear.

At home and at the nursing home, you should follow this advice:

- perform proper hand hygiene (washing hands with a liquid soap), especially each time after using the toilet, before meals or engaging in social activities,
- only use hygiene items/towels that are meant specifically for you and change them regularly,
- clothing and bedding that comes into contact with skin should be laundered at 60 °C minimum,
- family members and visitors do not need to wear protective clothing; hands should be properly washed after contact with the affected patient.

If you are receiving outpatient care, be sure to inform all your health care providers about your MRSA status to avoid the spread of MRSA. Your care providers will then decide if, along with proper hand hygiene, other hospital hygiene measures need to be taken, such as the use of protective clothing, disposable gloves, and nose-mouth covers. Family members who perform nursing tasks should take the same precautions as the outpatient nursing staff.

If you have or have ever had an MRSA infection, be sure to tell all of your health care providers before receiving further treatment (hospital, outpatient clinic, doctor's office, outpatient nursing service, etc.). This is for your own and other patients' safety.

If you have any further questions, please contact the ward staff.

The Hygiene Team

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