

Hand disinfection in 30 seconds



Rub in a handful of hand disinfectant
(3 – 5 ml = 2 – 3 dispensers) until dry.



Wet your entire hand with the disinfectant
for at least 30 seconds.



Particularly important: fingertips and thumbtips,
palms and spaces between the fingers.

Contact person / presented by:

The **mre-netz regio rhein-ahr** is a network set up by the health authorities to prevent and control multi-resistant pathogens (MRE). The coordination and advice center is located at the University Hospital Bonn.

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www.mre-rhein-ahr.net

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MRSA

Methicillin-resistant Staphylococcus aureus

Information for patients in
the hospital

Methicillin-resistant Staphylococcus aureus

What does MRSA stand for?

Staphylococci are bacteria that can colonize the skin and mucous membranes. This is not a problem for healthy people with a normal immune system, as a whole range of bacteria normally colonizes the human skin. Since several years, *Staphylococcus aureus* strains have emerged, which are resistant to some antibiotics. These resistant strains are called *methicillin-resistant Staphylococcus aureus*, or MRSA.

How is MRSA transmitted?

MRSA is found especially in the nose, on the skin, in open wounds and possibly in body excretions. In smaller quantities, they are also found in the immediate environment of patients. From there, MRSA is mostly transmitted to other people via their hands. Other possible transmission routes include sneezing and coughing, if these bacteria are present in the nose and throat.

What does this mean for you?

In general, MRSA is not dangerous for healthy persons outside the hospital-setting. However, in the hospital-setting the risk of transmission and infection is increased for patients. Especially immunocompromised patients and seriously ill patients are at highest risk. MRSA can become dangerous, in case it enters your body through lesions in the skin or the mucous membrane. Treatment for MRSA infections is difficult, because certain antibiotics are no longer effective.

As an MRSA patient in the hospital you must be prepared for the following

- » Your doctor will order isolation, which means that you may only leave your room with the permission of the staff.
- » Visitors must take special hygiene measures according to the guidance provided by the hospital.
- » Staff will aim to prevent transmission to other people during your treatment via protective clothing (gowns, gloves and possibly face masks and hairnets)
- » The clothes you wear should be washed at home using a full-load cycle (with pre-wash) and heavy-duty detergent at a minimum temperature of 60°C.
- » When leaving your room for examinations and treatment, please disinfect your hands and put on a protective gown and, if necessary, a face mask.
- » In order to carry out the necessary preparation and cleaning measures in the examination and treatment rooms, your examinations may be allocated at the end of the schedule. This may result in additional waiting times for you. We kindly ask for your understanding regarding this inconvenience.

Hand disinfection is particularly important:

Everyone (patients, visitors and staff) must disinfect their hands before leaving the patients' rooms!
(As described in the blurb.)



With the kind support of the MRE Network Rhein-Main

Methicillin-Resistenter Staphylococcus aureus

When should treatment be given?

If you have an MRSA infection, your doctor will choose the appropriate antibiotic treatment. Wounds can also be treated with antiseptic skin treatment. In case of MRSA colonisation, bacteria are present on the skin or in the mouth and nose, without causing signs of illness. In this situation you can take measures to remove the bacteria (also called "decolonisation"), e.g. with disinfectant bathing. You can find out more about MRSA decolonisation in our patient flyers.

Decolonisation treatment

- » Over a period of five consecutive days, you have apply nasal ointment, mouthwashes and body washes all of which include a special antiseptic solution.
- » To prevent recolonization from the environment during decontamination, all textiles and objects that come into contact with skin or mucous membranes are changed or washed/disinfected once daily. This includes clothing, bedding, personal care items e.g. towels, washcloths, combs, toothbrushes, dentures, hearing aids. If you use a deodorant, a deodorant spray should be used instead of a roll-on deodorant.
- » Please use alcohol-based hand sanitizers for hand disinfection.
- » Please clean surfaces and disinfect them with appropriate disinfectants.

What is the goal and how can it be achieved?

Our primary goal is to prevent MRSA from spreading to other patients. The most important and simplest measure is to practice correct hand hygiene.