

### How is MRSA treated?

- » Certain antibiotics are used if an infection with MRSA is present.
- » It is possible for MRSA colonisation in healthy individuals to disappear on its own.
- » Yet colonisation with MRSA can also be cleared. Such a clearing consists of a bundle of measures, among other things:
  - Antibiotic nasal ointment
  - Antiseptic gargling solution
  - Use of antiseptic wash and shower solutions for personal hygiene
  - Regular disinfection of e.g. glasses, hearing aids or comb
  - ...

Feel free to contact our hospital hygiene department for further information.

Should follow-up examinations no longer reveal the presence of MRSA, all measures (including isolation) can be discontinued.

### Please ask your visitors to:

- » Report to the nursing staff ahead of entering your room! This is vital so that they can be informed about the necessary protective measures.
- » Avoid any unnecessary contact with your surroundings (e.g. hospital bed, bedside table).
- » Always carry out thorough hand disinfection.



## Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

You should disinfect your hands:

- » Before entering and after leaving your room
- » Before eating
- » After using the toilet
- » Before and after contact with your own wounds or mucous membranes
- » Before and after you administer injections independently (e.g. insulin), catheterise or apply dressings

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.

**Knappschaft Kliniken GmbH**

Department of Hospital Hygiene

\* The generic masculine is chosen to improve readability. Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

## Methicillin-resistant Staphylococcus aureus (MRSA)

### What is it?

MRSA is short for Methicillin-resistant Staphylococcus aureus. Bacteria belonging to the Staphylococcus aureus species are found on the skin and mucous membranes of many healthy people and are prevalent in the population. These bacteria are capable of becoming resistant to the antibiotic methicillin and most other antibiotics. Then we speak of MRSA.

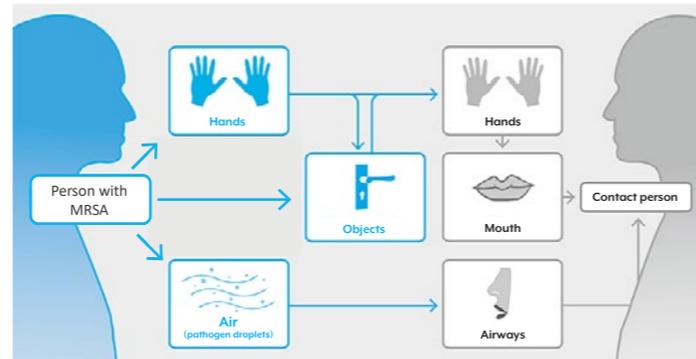
MRSA usually colonises humans without making them ill. It is only when these bacteria enter the body through wounds or mucous membranes that an infection can take hold.

Given that MRSA is widespread in the population and is prone to causing serious infections, many hospitals - including ours - screen all patients for MRSA on admission. This is purely a precautionary measure and constitutes an important part of protecting patient safety in our hospital.

### How is MRSA transmitted?

The pathogens are most frequently passed on from person to person as a result of direct contact. The hands are the main route of transmission. Yet transmission can also occur through objects bearing the germ.

An MRSA carrier can also transfer the bacteria to other parts of their own body, e.g. if the pathogens enter a wound from the nasal opening through the hands.



Modified according to source: Federal Centre for Health Education (BZgA), [infektionsschutz.de](http://www.infektionsschutz.de), <http://www.infektionsschutz.de/mediathek/infografiken>

### How is an MRSA examination performed?

The standard procedure is to swab the throat and nasal cavities with a cotton swab.

If the patients have wounds or catheters, these are also swabbed.

### What is the difference between colonisation and infection with MRSA?

Colonisation with MRSA means that a person is colonised with the germs without manifesting any signs of illness. Despite this fact, this person is capable of transmitting the germs to other people, who then become colonised themselves or even suffer an infection as a result.

An infection with MRSA triggers an illness. These often involve wound infections. Life-threatening infections, such as sepsis (blood poisoning), are also possible. Insensitivity to antibiotics makes these infections more difficult to treat.

Both those suffering from MRSA and MRSA carriers, i.e. healthy people colonised with MRSA, can spread the germs.

### How long do I need to be isolated with MRSA?

The isolation measures are sustained until the germ can no longer be detected.

### What is the correct conduct with MRSA?

Please follow the instructions given by our employees. You should only leave your room when it is absolutely necessary!

Please observe the following hygiene regulations:

- » Always thoroughly disinfect your hands before proceeding with any task.
- » Avoid any direct physical contact with other people (shaking hands or hugging).
- » Close the toilet lid before flushing.
- » If you are going to leave the room, disinfect your hands and then put on a protective gown and a face mask. Our employees are always happy to help.
- » Do not use communal toilets!
- » Do not hang around in communal areas (cafeteria or common areas of the ward).