

Guidelines for the Prevention and Control of MRSA in healthcare facilities

Minimize transmission

Patient screening

- Use either targeted or universal screening.
- There is no need to perform repeat screening routinely for MRSA positive patients.

Staff screening and management

- Do not routinely screen staff for MRSA unless there is a clear epidemiological reason for doing so.
- If staff are identified as MRSA positive, consider excluding staff from work, reducing their interaction with patients, and offering decolonisation therapy as deemed appropriate.

Decolonisation

- Use mupirocin for nasal decolonisation, selectively for those who are colonised or universally for high-risk patients.
- Use chlorhexidine for body decolonisation, selectively for those who are colonised or universally for high-risk patients.
- Consider alternatives (e.g. octenidine) where mupirocin and chlorhexidine are not feasible.
- Monitor the emergence of resistance, especially to mupirocin and chlorhexidine.

Infection control practices

- Use standard infection control precautions in the care of all patients to minimise the risk of MRSA transmission; contact precautions as may be recommended in your local policy.
- Considering placing MRSA patients in a single room; isolate patients for as short a time as possible.

Surveillance

- Undertake surveillance routinely as part of your IPC strategy and to comply with mandatory national requirements.

Restrict movement

- Avoid the transfer of patients between wards or other clinical settings unless it is clinically necessary.
- Inform the receiving setting and the transport service that the patient is colonised/infected with MRSA.

Safe and clean environment

- Do not screen/sample the environment routinely, but do consider using environmental screening/sampling as part of the targeted investigation of an outbreak.
- Use standard cleaning products.
- Clean and decontaminate shared pieces of equipment used in the delivery of patient care after each use.

Appropriate patient information

- Provide clear patient information on MRSA screening and decolonisation in a format and language that the patient and their family can understand. Patient leaflets are available at his.org.uk.

To read the full guidance visit his.org.uk.

