



## Dealing With and Preventing Recurrence of MRSA Infections

So you or your child have been diagnosed with Methicillin Resistant Staph Aureus (MRSA). This is a bacterial infection that has become more common over the past 5-10 years. There are two types of MRSA, hospital acquired and community acquired. Hospital acquired MRSA can be very serious, only responds to a few very strong IV antibiotics and can cause severe infections. Community acquired MRSA usually causes skin infections and abscesses and luckily is sensitive to several common oral antibiotics.

In addition to being treated for the acute infection (with antibiotics, warm compresses, and drainage), it is important to follow a certain protocol to help rid the patient and the family/household of this bacteria. Otherwise, the resistant staph will colonize the people and areas in the house and the infection tends to come back over and over again both in the same individual as well as in other family members.

When dealing with MRSA infected wounds, utmost care should be taken to prevent spread of the germ to others or from it colonizing furniture, objects or areas of the house. When changing dressings, wear gloves, dispose of used gauze in a plastic bag, wipe down areas afterwards with antibacterial wipes and wash hands frequently with soap and water.

If you follow a simple protocol, the chances of ridding this scourge from your house is fairly high and the chances of it coming back soon is minimized.

Here is the protocol I recommend, it is a bit work intensive but in the end worth it. The first items should be done by the individual who has the MRSA infection:

1. The individual with the MRSA infection should bathe EVERY day or more if needed.
2. The individual with MRSA should not share towels or bedding with any body else.
3. Towels and bedding for the infected person should be changed every other day for 2 weeks and washed in hot water.
4. The infected individual should not wear the same clothes for more than 1 day without washing them.

The below items pertain to ALL household/family members:

5. Every household member should put a dab of Bactroban (mupirocin) ointment in each nostril with a Q-tip twice a day for 1 week.
6. Every household member should wash with Hibiclens soap (a surgical scrub) from head to toe three times a week (Mon, Weds, Friday) for 4 weeks.
7. The kitchen and bathroom surfaces should be wiped down with antibacterial (bleach containing) wipes every other day for 2 weeks. Spray tiles in the tubs/showers, etc.

If the infection comes back (hopefully not) then the process should be done all over again. In my experience, when families adhere to this routine, the recurrent rate is much lower. When people are lax about it, the infection almost always comes back.

—Be Well

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