

one ▶ two ▶ free

Take a simple test

Get results in a day

from MRSA*



Bupa Cromwell Hospital



About MRSA

MRSA stands for methicillin (M) resistant (R) Staphylococcus(S) aureus (A).

There are lots of micro-organisms (germs) on our skin and in the environment around us. Most of them are harmless, some are beneficial and a very small proportion can cause harm.

Staphylococcus aureus is a common germ that is found on the skin and in the nostrils and mouths of about a third of healthy people. Most versions of this bacteria can be treated with methicillin-type antibiotics. However, some are methicillin resistant - known as MRSA bacteria. Some people carry MRSA on their skin or in their nostrils and are likely to be unaware that they carry MRSA because it does not harm them and they have no symptoms.

MRSA can, however, present problems if it enters the body and causes an infection. It can cause abscesses and boils, and can infect wounds (for example grazes or those made by a drip or during surgery). If it then spreads into the body it can result in serious infections such as septicaemia (blood poisoning).

MRSA is resistant to many types of antibiotic so it can be difficult to treat. As it is more likely to affect people who are already unwell or those who are having surgery, it is of particular concern in hospitals.

One Two Free

Bupa Cromwell Hospital is committed to your safety and our One Two Free programme is about helping to protect you from the risk of MRSA infection. Through it, patients are screened to ensure they are free from the MRSA bacteria before being booked for admission to the hospital.

The screening process is simple:

one ▶ A simple swab is taken from your nose

two ▶ It is sent to the pathology laboratory for analysis and the results are back within a day

free ▶ If the test shows you are free of MRSA bacteria then your appointment for admission can be confirmed

If, however, you are one of the small proportion of people who carry the MRSA bacteria on your skin (described as being 'colonised' with MRSA), you will be given a decolonisation treatment of an ointment for your nose and a body/hair wash to use for five days.

Although this may cause you some inconvenience, it will help keep MRSA out of our hospital and keep you safe.

Some questions you may have

Who is being MRSA screened?

If you are being admitted to the hospital for an in-patient stay or as a day-case then you will need to be screened for MRSA before admission can be confirmed.

When does MRSA screening take place?

If you are being admitted by a consultant at Bupa Cromwell Hospital, he or she will arrange for you to have the MRSA screening during your initial consultation or you can make an appointment for the test to be completed at a time more convenient for you. The test must be performed between one and four weeks prior to your proposed admission date. The cost of the MRSA test performed at Bupa Cromwell Hospital will be covered by the hospital, even if you see your consultant elsewhere.

If you choose to have the MRSA screening done somewhere else, you will be responsible for any costs. A printed laboratory report of your MRSA status must be provided to the Pre-Admission Team at the hospital before your admission can be confirmed.

How do I get the results of the MRSA test?

Results from the MRSA test performed at Bupa Cromwell Hospital will be available within a day and you will be contacted if the test shows that you have MRSA bacteria on your skin. (This is referred to as being colonised with MRSA.)

If the test shows I have MRSA bacteria on my skin, what do I need to do?

The Pre-Admission Team will contact you to organise your decolonisation treatment. This takes five days to complete and simply requires an antibacterial cream for your nose and antiseptic washes for your hair and body.

You can either return to the hospital to collect your decolonisation pack or we will liaise with your GP who will write a prescription so you can pick up the treatment at your local pharmacy.

For your own safety, your surgery and/or medical procedure may have to be delayed until you have completed the treatment. Your consultant or the hospital will be able to advise you about your admission.

How does MRSA change the way Bupa Cromwell Hospital looks after patients?

Patients found to be MRSA positive before admission to Bupa Cromwell Hospital and who have undergone a full five day course of decolonisation before they come in, will not be cared for any differently from other patients on admission.

MRSA will modify the way that we look after patients who have **not** completed a full five day course of treatment (for example if admitted as an emergency case). We will take infection control precautions to protect that patient and prevent the possible spread of MRSA to other patients.

What precautions do visitors need to take?

MRSA is not harmful to visitors who are healthy, including pregnant women, children and babies. However it can affect people who have certain long-term health problems. The nursing staff can advise you and your visitors what precautions need to be taken. We also ask that any visitors wash their hands thoroughly before and after visiting so that they do not spread MRSA to others.

If you or your visitors would like to know more about MRSA and our screening process, please contact our nursing teams.

Pre-Admission Team

Tel: 020 7460 5989

Fax: 020 7835 2404

Email: pre.admission@cromwellhospital.com

Infection Control Team

Tel: 020 7460 5597

Email: infectioncontrolteam@cromwellhospital.com

Where can I get more information about MRSA?

- Bupa MRSA factsheet. www.bupa.co.uk/health
- A simple guide to MRSA. Department of Health. www.dh.gov.uk
- MRSA Frequently asked questions. Health Protection Agency. www.hpa.org.uk

*If the test shows you have MRSA bacteria on your skin, you will be given ointment/washes to use for five days. This does not include emergency admissions who are MRSA screened on arrival and managed in accordance with the Bupa Cromwell Hospital MRSA Policy.

Bupa Cromwell Hospital
Cromwell Road
London SW5 0TU
United Kingdom
Telephone: +44 (0)20 7460 2000
Facsimile: +44 (0)20 7 460 5555
Email: info@cromwellhospital.com
Website: www.cromwellhospital.com