



Infection Prevention Team Newsletter July 2023

As the warmer weather continues it is important, we continue to monitor residents closely and take steps to ensure residents health and well-being are top priority.

Heat stroke- Heat exhaustion is an indication that the body is in distress due to heat, you do not usually have to seek medical attention if you can cool the body within 30 minutes however if it turns to heat stroke this needs to be treated as a medical emergency. To prevent heat stroke, consider the times of day for outdoor activities, light activities are best no strenuous exercise it is not advisable to be outside between 11am and 3pm, wear loose and light clothing, avoid excess alcohol, if residents are inside consider closing curtains offer plenty of refreshments and encourage resident's hydration. Here is a [link](#)

Sun Burn [link here](#) - To prevent sunburn it is important to ensure residents are supported to apply sun cream and encourage to wear a hat and have access to shaded areas to sit outside. Sun cream should be applied at least 30 minutes before sun exposure and re applied at regular intervals according to manufacturers instructions. Suncream should be applied to all exposed skin, including face neck ears and head if resident has hair loss. Sun cream [link here](#)

Methicillin-resistant Staphylococcus aureus or MRSA- MRSA is a bacterium that can live on the skin completely harmlessly, in fact around 33% of us are naturally colonised with Staphylococcus aureus. S.aureus can be usually found in areas such as the nose, skin, axilla and groin areas on the body. While MRSA is on the outside of the body the risk of active infection is much less however if MRSA finds a route into the body it has the opportunity to cause active infection. [Link here](#)

MRSA is resistant to beta-lactam antibiotics, this means antibiotics in the beta-lactam group will not be effective against MRSA infection. These include commonly used antimicrobials such as amoxicillin and cephalosporins.

MRSA does not usually cause harm in a healthy person however some people become more vulnerable to infection. People with underlying health conditions, chronic illness, residents with open wounds or who have had surgery and residents with invasive devices such as feeding tubes, catheters, and central lines. It is therefore important to be able to spot the signs of MRSA active infection. Clinical signs of infection should not be ignored and acted on promptly such as a raised temperature, hot, raised, or painful wound/device site. MRSA infection can lead to septicaemia or pneumonia which can be life threatening.

There are some steps we can do to prevent the transmission of MRSA and prevent active infection. Robust infection control measures should be adhered to such as hand hygiene, environmental cleaning, waste management, laundry management. Supporting resident with good personal hygiene ensuring lines and devices are cleaned regularly this will help reduce the risk of colonisation of the device and preventing MRSA entering the body.

Training- In addition to the training program currently offered by the IPC team we would like your suggestions on topics and content you would like us to include. Please take a minute to complete the attached survey monkey [here](#)

Outbreaks -

IMPORTANT REMINDER. Please ensure all potential outbreaks of any infectious diseases are reported to the Council IPC team. An outbreak is defined as two or more people linked in time, place or person association with the same disease or similar symptoms.