

Section 14-9 – Talking Points for Nasal Mupirocin

Patients may have questions or comments regarding nasal mupirocin. Below are some suggested responses to common patient questions.

REMEMBER: Your **enthusiasm** and **encouragement** will be the greatest predictors of a patient's acceptance of use of the protocol.

What is the purpose of the mupirocin ointment?

Our hospital provides a special nose ointment called mupirocin to all patients with medical devices who have methicillin-resistant *Staphylococcus aureus* (MRSA), a type of bacteria that lives in the front of the nose. The purpose of mupirocin is to help get rid of bacteria in the nose such as MRSA, which can cause serious infections such as pneumonia, blood infections, and skin infections. The mupirocin nose ointment is given twice a day for 5 days to help protect you from infection. Have you received this mupirocin ointment before? We will apply a small amount in each nostril and let you gently press your nostrils together and massage for about 60 seconds so it coats the inside of your nose and kills germs.

Why is mupirocin used for patients with devices?

Large clinical trials have found that mupirocin reduces infections in patients who have MRSA and who also have specific devices. Our hospital is committed to protecting you from infection, and this is one proven strategy that we use.

Why is mupirocin used for patients with MRSA?

MRSA can live in people's noses. Mupirocin helps clear MRSA from the nose so the bacteria don't go to other places on the body and cause infection. Large clinical trials have found that mupirocin reduces infections in patients who have MRSA and also have various devices. Our hospital is committed to protecting you from infection and this is one proven strategy that we use.

The ointment is goopy and makes it hard to breathe.

I know the ointment feels thick. That is how it coats the inner lining of the nose to get rid of germs. If you continue to massage your nostrils together as I have just shown you, the nasal ointment will spread around the nose, so it doesn't feel so goopy. For your next dose, it often helps to blow your nose before the ointment is given to you. Let's try that next time. It should help.

I have received mupirocin in the past. Do I have to have it again?

Yes. A single course of mupirocin protects you while you use it but does not guarantee that the MRSA is gone forever. Our hospital practice is to restart the nasal ointment during every hospital stay to protect you from infection. We want to ensure that you are protected from infection while you are here in this hospital.

I just finished a 5-day course of nasal mupirocin ointment in the ICU. Do I have to have it again?

Yes. The nasal mupirocin does not provide permanent protection. We want to protect you the entire time you are here. Germs in the nose often come back, and we want to ensure that you are protected from infection while you are here in this hospital.

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