

Policy on Management/Prevention of CAMRSA November 14th, 2007

Xavier Prep Crew adopts the following infection control policy:

The athlete will:

- Carry and use antibacterial rinse in their workout and travel bag
- Avoid sharing personal items, clothing, towels, RAZORS, etc..
- Cover any open wounds with an appropriate bandage/dressing.
- Bring any concerns they have to the attention of their parents and coaches

The family will:

- Inform their coach ASAP if their athlete is diagnosed with any skin infection.
- Review the specifics of this policy with their athlete, and provide appropriate bandage and hand sanitizing supplies, as well as instructions in their proper use.

The coaches will:

- Direct that oar handles are wiped down at the end of every week
- Direct that erg handles be wiped down after use.
- Use 1:100 household bleach solution (one tablespoon of bleach mixed with one quart of tap water), Lysol, Viracide or other approved antibacterial solution
- Keep on hand the provided back up supplies of hand sanitizer and bandages.

The Board will:

- Include specific information on our web site
- Ensure that equipment is maintained in a manner consistent with accepted disease prevention measures.
- Provide back up supplies of hand sanitizer and bandages at the boathouse

Incident management

- Rowers with an active skin infection are prohibited from participation until the coaches receive written clearance from the athlete's healthcare provider.

In addition, Xavier Prep Crew endorses the recommendations of the Xavier Athletic Department regarding the prevention of communicable diseases, and its athletes will comply with all aspects of the Xavier policy when using Xavier facilities and equipment.

EDUCATION AND INFORMATION

CDC website on Community Acquired MRSA for the Public

http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html

US Rowing article on MRSA prevention

<http://www.usrowing.org/Safety/BoathouseDoc/staph.aspx>

MN dept of health

<http://www.health.state.mn.us/divs/idepc/diseases/mrsa/athletes/mrsaathletes.html>

Arizona Dept of Health Services:

http://www.azdhs.gov/phs/oids/epi/disease/mrsa/mrsa_g.htm

Xavier College Preparatory

Staph Infection Education and Prevention Program

Introduction

Teachers, coaches, school support personnel, students, athletes, and parents need to be aware and concerned about the health problem of MRSA. Recently, MRSA (Methicillin Resistant Staphylococcus Aureus) has been prevalent in the news media and many have become alarmed and justifiably concerned. *The Journal of the American Medical Association (JAMA)*, in its October, 17th, 2007 issue reported an extreme increase in the frequency of MRSA infections outside the hospital setting. These infections can cause serious, even fatal disease. Therefore, schools must be diligent in an effort to educate and implement an effective policy regarding prevention, recognition, and management of this dangerous and insidious staph infection.

MRSA Overview

Some staph bacteria have adapted and therefore are resistant, or unable to be eliminated with commonly used antibiotics. MRSA is a type of staph infection that is resistant to antibiotics including methicillin and other forms of penicillin. Historically, this type of infection was seen only in hospital and healthcare settings but has now emerged into the larger community. It has been referred to as a “superbug” leading many to falsely believe that nothing can kill it. A number of antibiotics are available for treatment once the problem has been correctly identified.

Recognition of MRSA

Staph bacteria can cause skin infections that look like a pimple, boil, or ingrown hair. MRSA infections are sometimes mistaken as spider bites and can exhibit signs and symptoms of redness, warmth, swelling, and pain, or have pus or other drainage. Consult a healthcare provider with *any* suspect wound.

Prevention

Any wound can serve as an entry point for bacteria. Factors that have been associated with the spread of MRSA skin infections include: close skin to skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene. There are many things that can be done to prevent an infection or keep it from spreading if one occurs. The following precautions should be practiced

- Wash hands frequently
- Use alcohol based hand sanitizers until soap and water is available
- Shower after physical activity
- Clean sports gear and equipment regularly including knee pads, shin guards, and uniforms
- Avoid sharing personal items such as bars of soap, towels, razors, clothing or protective padding
- Avoid contact with other people’s wounds or bandages
- Report to the Athletic Trainer to have all open cuts or abrasions properly screened, cleaned and covered prior to all practices and games.

Management and Treatment

Cover any wound with a sterile, dry bandage and follow the healthcare provider's instructions regarding care for the wound. At Xavier, consult the following personnel:

- Mrs. Sandy LaBonte, School Nurse
- Ms. Sarah Piebes, Assistant Athletic Trainer
- Mrs. Laurie White, Head Athletic Trainer

Most staph and MRSA infections are treatable by intravenous antibiotics or by draining the abscess or boil. A healthcare provider should only do draining of skin abscesses or boils. A sample must be cultured to determine if the infection is indeed MRSA. The physician may prescribe a course of antibiotics, which is an effective treatment. It is very important that individuals complete the antibiotics as prescribed by the physician. Also, athletes may be restricted from practices or competitions until the lesions are adequately healed.

Conclusion

Staph infections have been around for a long time, and while it is prudent to be concerned the need for education, not alarm exists. Please review the information provided above and consult the additional resources listed below to learn how to be proactive and practice the proper prevention to combat this community health issue.

Resources

Questions and Answers about Methicillin-Resistant *Staphylococcus aureus* (MRSA) in Schools
<http://www.cdc.gov/Features/MRSAinSchools/>

Fact Sheet Invasive MRSA Released: October 17, 2007
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_invasive_FS.html

Community-Associated MRSA Information for the Public
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html