

MRSA

Methicillin Resistant Staphylococcus Aureus

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MRSA is a strain of bacteria that is resistant to many antibiotics. This used to be found only in large medical centers in very sick patients and in nursing homes.

Now it has been found in the community. The community-acquired strain is not as virulent or aggressive as the hospital acquired strain.

It has been found more often in athletes, especially athletes who play contact sports or sports with lots of sweaty equipment.

It has been reported in the last few years that hockey players, professional, college, and amateur, have all been infected with MRSA.

It can be passed from player to player, but not just from casual contact. Sharing hockey equipment, sharing clothing, or sharing a towel can transmit MRSA.

How To Prevent MRSA

Players should shower after practices and games.

After every practice, hockey bags should be dumped and aired out.

Clothing that is next to the body should be washed after every use.

Players should not share towels, clothing, or equipment.

All equipment should be cleaned and disinfected.

Lysol can be used as a spray disinfectant in the inner surfaces of equipment like helmets and shin pads.

A mixture of bleach (1 part) and water (10 parts) can be used on hard surfaces like shin pads and helmets.

Elbow pads, the inner removable portion of some shin pads, and some shoulder pads can be washed and then placed in the sun to dry.