

Supporting appropriate antibiotic prescribing in primary care



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My talk:

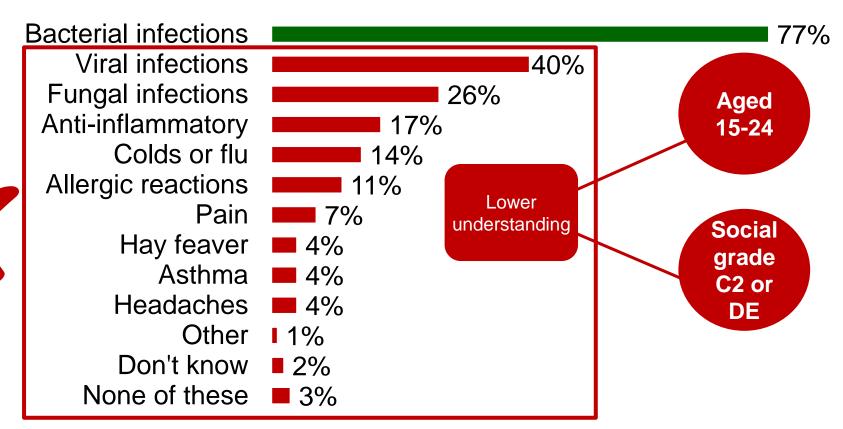
- The general public's opinions
- Evidence for different approaches
 - Communication, CRP, Back-up/delayed
- ***** TARGET
- e-Bug
- Antibiotic Guardian



Misconceptions about antibiotics

Which of the following conditions, if any, do you think can be effectively treated by antibiotics? 1,625 respondents Jan 2014

Correct answer?



The Patient Perspective: why do patients visit their doctor?



1,767 ≥15y in England

58% had RTI in last 6 months

What did they do?

60% took OTC(50%) or alternative medicine(21%) for symptoms

37% took extra rest

20% Contacted or visited GP surgery

6% asked pharmacy for advice

1.4% used NHS direct

0.4% took left-over antibiotics

0% visited NHS walk in centre





The Patient Perspective: They visited their GP if they were worried

51%	Symptoms severe
47%	Symptoms not improved after several days
14%	family or friends suggestion
11%	Other health problem
9%	I usually visit GP with these symptoms
5%	Worried will infect others who may get very ill

200



What did they expect?

53%	Expected antibiotics	22%
24%	Advice about self-care	12%
7%	Information about illness duration	6%

3% For referral to hospital/specialist

22% Other treatment for symptoms

12% Rule out more serious illness

6% A sick/fit note for work

3% For Tamiflu





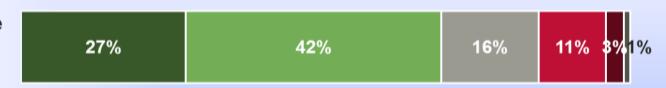


The Patient Perspective: A 2014 survey showed patients trust GPs and nurses' advice

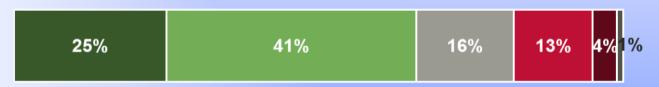
I trust my GP's advice as to whether I need antibiotics or not



I trust my nurse's advice as to whether I need antibioticis or not



I trust the pharmacist's advice as to whether I need antibioticis or not



■ Strongly agree ■ Tend to agree ■ Neither / nor ■ Tend to disagree ■ Strongly disagree ■ Don't know

It's worth sharing information about the need or not for antibiotics in consultations, and self care







Evidence for GP based interventions



Booklet to share with patients

Antibiotic prescription 20% v 40% Intention to reconsult 55% v 76%

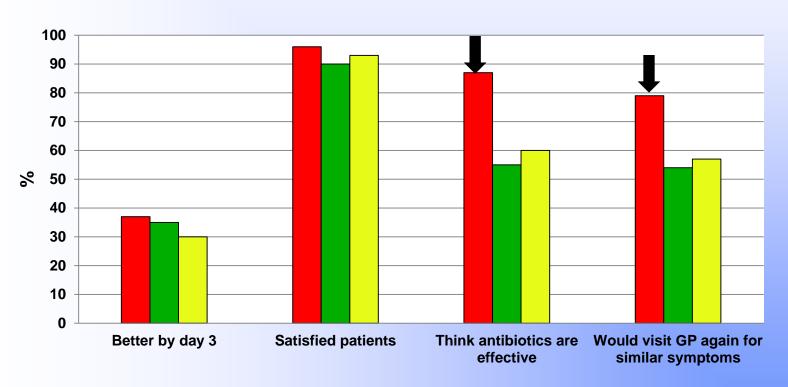


CRP and communication skills

Antibiotics in usual care	68%
communication	33%
CRP	39%
Both	23%

The patient: Back-up / delayed prescribing can reduce antibiotic use & patient expectations

English RCT comparing three treatment strategies for sore throat (n=582)



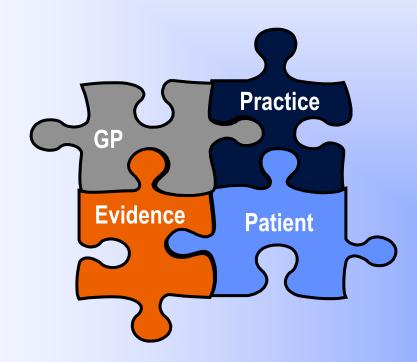
■ Given 10 days antibiotic treatment ■ Given NO antibiotics □ Given DELAYED antibiotics





Possible Answers

How can we fit together this evidence and change behaviour during consultation with patients to improve antibiotic prescribing?







Changing antibiotic use

In order for prescribers and patients to change their antibiotic use they need to:

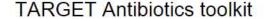
- Be convinced of the importance of antibiotic resistance and how their responsible antibiotic use can contribute to controlling resistance.
- Have the confidence and tools to use antibiotics responsibly.





TARGET: The TARGET antibiotic toolkit

This toolkit is here to help clinicians and commissioners to use antibiotics responsibility and meet CQC requirements





Training resources

Self assessment checklist and audit

Antibiotic management guidance

Patient information leaflets

Resources for clinicians

External clinical resources





The TARGET Antibiotics Toolkit

- Includes a range of resources to support prescribers in optimising antibiotic prescribing in primary care
- Hosted on the Royal College of General Practitioners (RCGP) website www.rcgp.org.uk/targetantibiotics
- Developed collaboratively and launched in 2012
- Advocates a whole team approach





Whole team approach





Or cajole?

Should we guide and advise?





Planning implementation of TARGET







TARGET resources: interactive presentation

- One hour presentation workshop format
- Aimed at all primary care professionals (not just prescribers)
- Local prescribing data
- Based around clinical scenarios
- Action planning





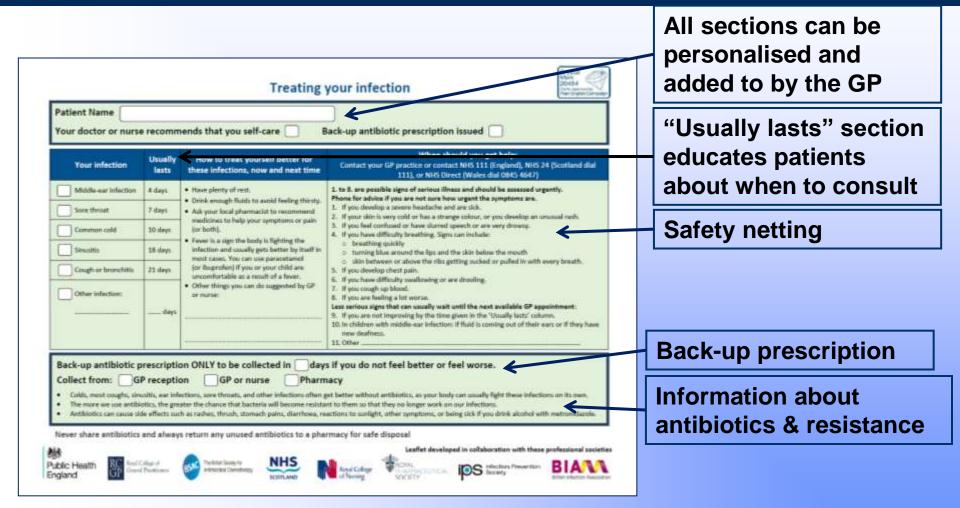
TARGET resources: self-assessment checklist

What would be good practice now			
Does your practice use antibiotic guidance provided nationally or locally by the microbiologist or commissioners for treatment of common infections?	○Yes	ONo	
Does your practice use delayed prescribing on a regular basis for uncomplicated respiratory tract infections?	O Yes	ONo	
ls the latest antibiotic guidance made available to all temporary prescribers working in your surgery?	OYes	ΟNo	
Have you undertaken a practice wide antibiotic audit in the last two years?	OYes	ΟNo	
Do your clinicians record clinical indication for antibiotic prescribed in patient notes using read codes?	OYes	ΟNo	i
What most practices should aim to do soon Is there a GP within your practice who takes a lead for antibiotic stewardship in the practice?	OYes	ONo	
Do you analyse and discuss antibiotic prescribing at your surgery in comparison to local targets at leas once a year?	t O Yes	ONo	
Do you keep a written record and surgery action plan resulting from antibiotic audits?	OYes	ΟNo	
What all antibiotic aware practices should be doing			
Does your practice use patient focused strategies to highlight the importance of responsible antibiotic use? For example patient information, leaflets and posters.	○Yes	ONo	0
Do your clinicians use patient information leaflets within your consultations?	○ Yes	ΟNo	
Do your clinicians use patient information leanets within your consultations:	Ov	ONn	
ls there a standard approach to antibiotic prescribing to avoid patients re-consulting with other clinicians within the practice, to obtain the antibiotic they expect?	∪ res	0	



TARGET:

Patient Information Leaflets



Read codes: Delayed:8CAk, Leaflet: 8CE

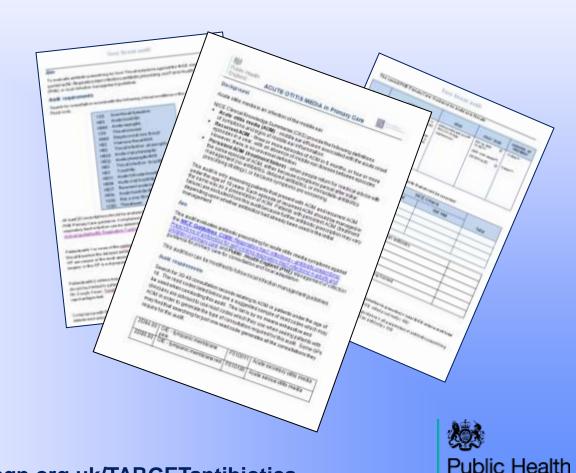




TARGET resources: audits

The TARGET website has audit templates for :

- Acute otitis media
- Sore Throat
- Acute cough
- Otitis externa
- UTI



England



TARGET: Training Resources

www.rcgp.org.uk/TARGETantibiotics/



Managing Acute Respiratory **T**ract Infections



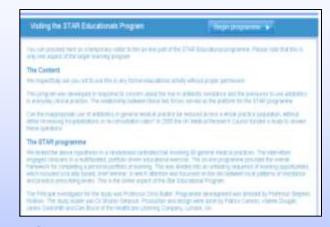
Managing **U**rinary Tract Infection S



Skin Infections



TARGET toolkit on-line course



Stemming the Tide of **A**ntimicrobial Resistance







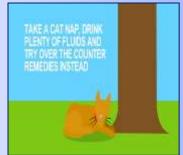
For patients: resources for clinical and waiting areas

Posters for display



Videos for patient waiting areas











What do professionals think about TARGET?

Interactive workshop presentation

"think we felt a little bit more encouraged to drive, to use antibiotics properly" - GP

"Talking about antibiotic resistance and stuff, is stuff that we've known about forever really, isn't it?" - GP

"Focussing on the clinical areas like sore throat, ear infection and UTIs ...generated more interest than looking at the figures" - Stakeholder





What do professionals think about TARGET?

Treating your infection leaflet

"Actually being able to pass them a piece of paper. Instead of passing them a prescription but it's something to take away. It's good. I think it's helpful because it looks official as well"-GP

"Having hard copies of the leaflets would be a good idea ...GPs are so busy & they've got so much going on in their heads, it's only the keen ones that will use it and remember ..having it ..to hand visually on the desk will help." -

"Here's the problem, it's not a click away" - GP





What do professionals think about TARGET?

Action planning

"Surgeries needed to develop a plan. ... If you're actually going to get the practice to do something there was enough time in the one hour allocated to do that.

You were left with the fact that it was raising awareness but not necessarily delivering a plan to reduce antibiotic use." – Stakeholder 5





What's new with TARGET?

New TARGET audits

(Updated UTI audit, acute cough audit, otitis media audit, otitis externa audit (in progress)

New Treating Your Infection leaflets

(For out of hours clinics, for community pharmacies, in 6 new languages)

Updated UTI eModule

New TARGET presentation/workshop format

(Now clinical scenario based, includes local action planning)

Updated National Antibiotic Management Guidance (UTI, acute cough)

Planned update to the Guide to Resources





Implementation and adaptation: Southern Derbyshire CCG

- Established Antimicrobial Pharmacist (0.5 FTE) post to develop and implement a programme of work.
- Educational meetings for prescribers; support materials aimed at avoidance of prescribing or using back-up prescribing; improving patients' knowledge in self-care of minor illnesses; and development of different treatment guidelines for prescribers.
- Education on antibiotics in over 180 primary schools was a novel approach to increase public awareness of the appropriate treatment of common illnesses without antibiotics.









e-Bug: The free microbe, hygiene and antibiotic resource for teachers and young people





Why educate young people about antibiotics?



- Although younger respondents less likely to consult a doctor:
 69% 15-24 yrs vs 82% over 55 yrs.
- More likely to take antibiotics in past year 46% 15-24 yr olds vs 39% over 55yrs



Education in schools can help break the chain of infection





- Primary mode of illness transmission via contaminated hands
- Hand washing interventions reduce illnesses and absenteeism



Respiratory transmission important especially during flu season





How was e-Bug developed





Focus groups with teachers



- MUST link closely to the National Curriculum
- MUST be adaptable
- Important to have IT links
- Cover a range of teaching styles
- Student and teacher friendly





Resources for 15-18 years 2014

Interviews and focus groups to explore young adults' and teachers attitudes towards:

- * antibiotics,
- **❖** antibiotic resistance
- * antibiotic use
- vaccinations

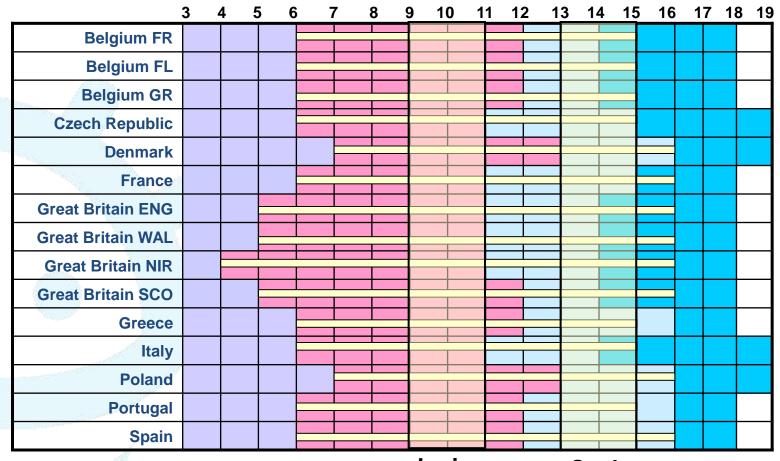


Why 9-11 years & 13-15 year olds?



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Student Age (years)



Pre school **Primary Compulsory Full Time Education**



Junior packs

Senior packs



Draft pack and website activities, and learning outcomes discussed and agreed with teachers and partner countries at face to face meetings









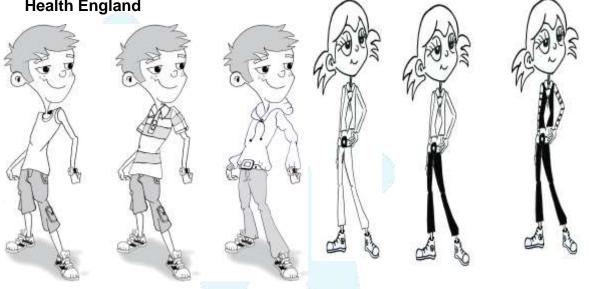




Character development

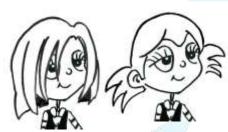


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Clothing







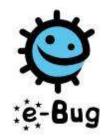




Amy & Harry



Hair styles

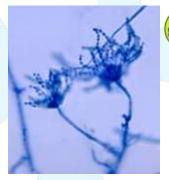


Bug development

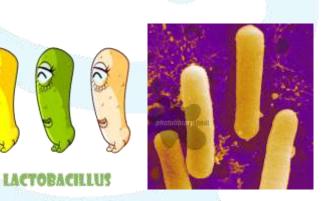


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Good Bugs







Bad Bugs













? INFLUENZA





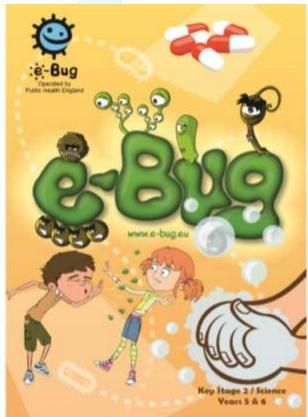
DERMATOPHYTE

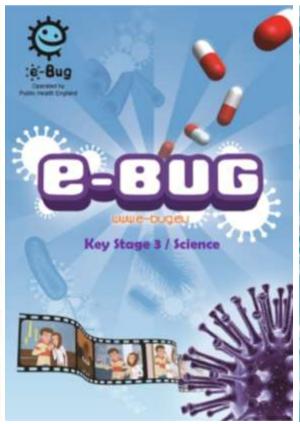


Pack content













Microbes



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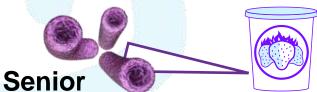
Introduction to microbes





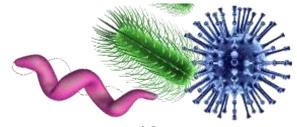
Useful microbes – Yeast race

- Yogurt making



Harmful microbes







Spread of infection



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Hand hygiene



Junior hand washing activity with soap and water and glo gel

Senior

Cycle of infection,

Grow microbes on agar plates

Respiratory hygiene







Spread of infection continued



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Juniors - Food hygiene

your sandwich?





Juniors - Farm hygiene





Antibiotic use



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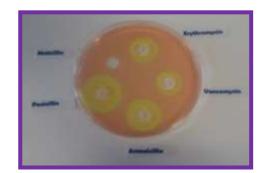
junior schools: Treatment of

Infection



Senior schools: Antibiotic resistance activity

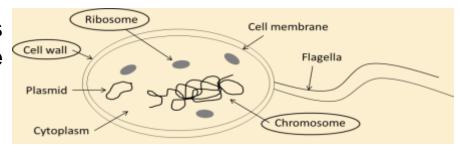




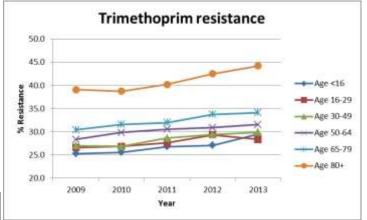




Draw a bacterial cell, circle areas where antibiotics are active



Use data, to plot a graph of % resistance by year, and age





Peer education balloon activity



Young adult example

So how do we use e-Bug to teach 15-18 year olds about antibiotics?



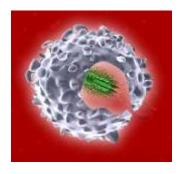
resistance



Vaccines



Operated by Public Health England Animations of:
The bodies natural defences





Junior schools

Act out story of Jenner

Senior schools: Vaccine card game shows how vaccines can help control outbreaks

Susceptible

Infected

Recovering but still Infectious

Immune

Vaccinated



The lessons can be modified for peers and plenty of material is available to use in these lessons including PowerPoint presentations and practical activities.









www.e-Bug.eu



This is the e-Bug home page

For ages 7-10 year resources you can visit 'Junior Student'





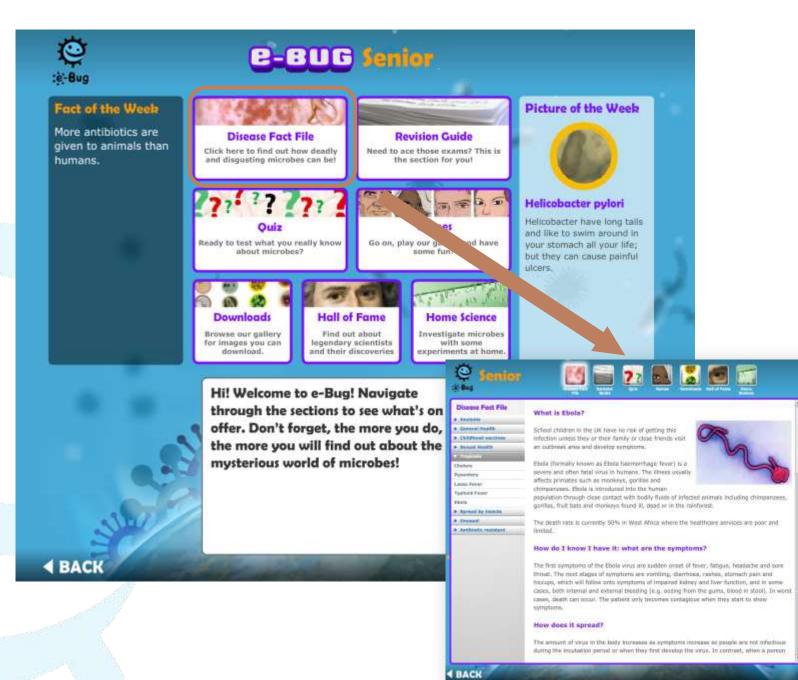
Junior online resources also have a variety of interactive activities

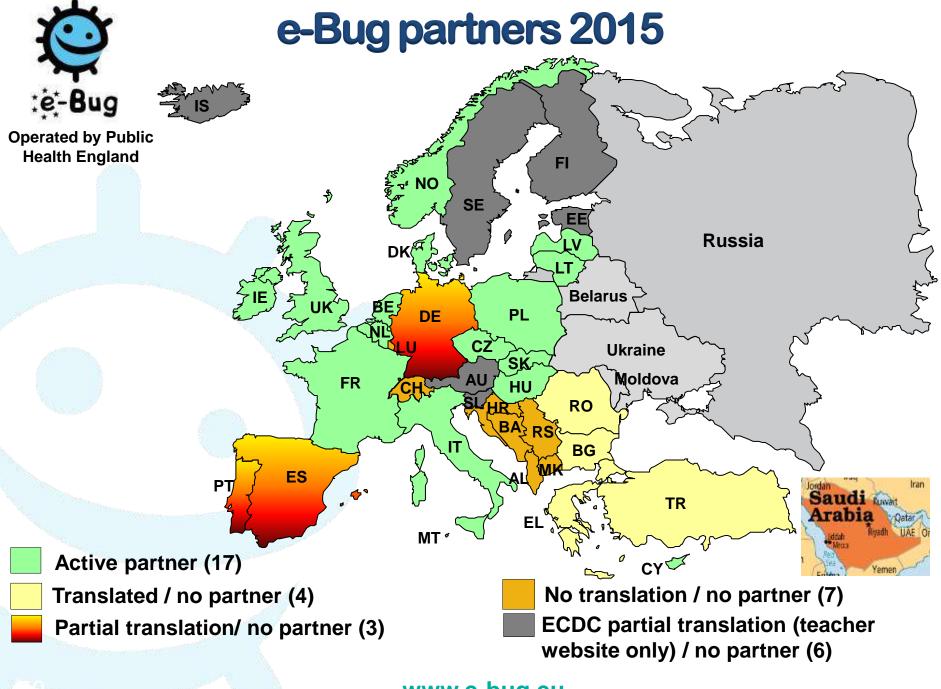




For ages 11-15 year resources you can visit 'Senior Student'







www.e-bug.eu



To attain e-Bug aim, of improving antibiotic use in our future generations

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We need to reach as many children with the pack & website as we can







To do this we need your help and enthusiasm

Awareness & engagement Campaigns















UK: Moving from awareness to engagement (HCP & public)



Moving from awareness to engagement (HCP & public)

PHE in collaboration with multi-professional & organisation group developed the Antibiotic Guardian and European Antibiotic Awareness Day resources to provide individuals and organisation a key resource to engage, educate encourage others towards positive behaviour change with regards to antibiotic prescribing, expectation and use.

Public Health England

Calls on everyone in UK to become Antibiotic Guardians –

Pledge system: http://antibioticguardian.com/

Behaviour change – 'if-then' approach

CHOOSE YOUR PLEDGE

RESOURCES

MEETINGS & EVENTS

AWARDS

NEWS

CURRENT PLEDGES: 15486







Antibiotic resistance is one of the biggest threats facing us today.

Why it is relevant to you: without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy and animal health all rely on access to antibiotics that work.

What we want you to do: To slow resistance we need to cut the unnecessary use of antibiotics. We invite the public, students and educators, farmers, the veterinary and medical communities and professional organisations, to become Antibiotic Guardians.

Call to action: Choose one simple pledge about how you'll make better use of antibiotics and help save these vital medicines from becoming obsolete.

Antibiotic Guardian supports the UK Antimicrobial Resistance strategy, European Antibiotic Awareness Day (18 November) and World Antibiotic Awareness Week (16-22 November)

Video created with TV doctor

Educates on antibiotic resistance; suggests three steps that public can take to help and a call to become an antibiotic guardian. Available for download













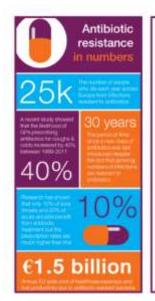






All resources and materials are available via http://bit.ly/eaad-resources
Gateway Publication Number: 2014483

EAAD & AG TOOLKIT: Digital for local adaptation Leaflets, quizzes, crosswords, video & more











True I False

Non I fiams

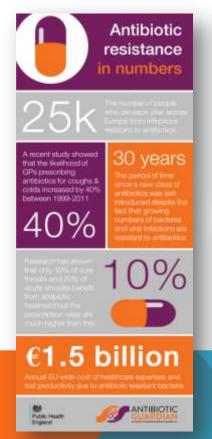
4 Text suproprise outlined before starting arminotics

SOCIAL MEDIA GRAPHICS

To obtain the images and other messages for use on social media please request for a social media pack by emailing: socialmedia@phe.gov.uk.

They can also be shared from PHE Social media platforms

Twitter: https://twitter.com/PHE_uk Facebook: www.facebook.com/PublicHealthEngland





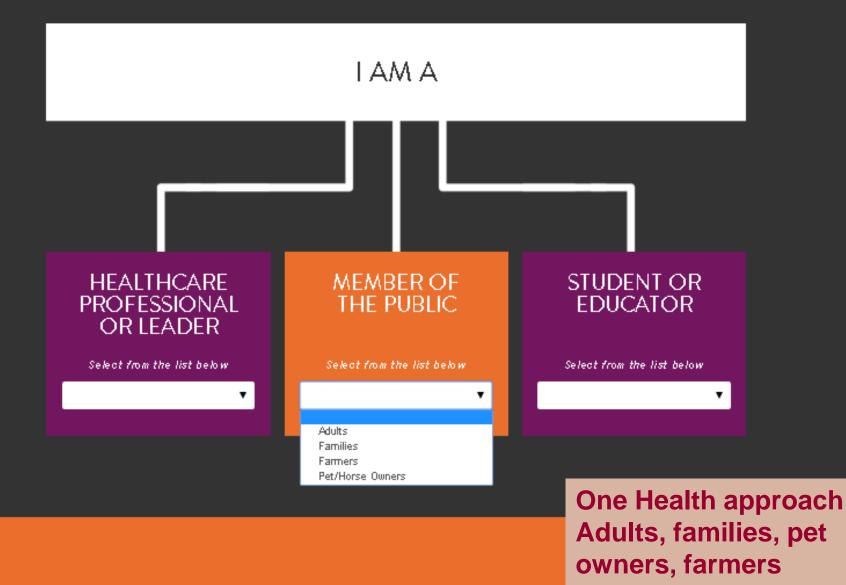








BECOME AN ANTIBIOTIC GUARDIAN CHOOSE YOUR PLEDGE NOW!



SELECT A PLEDGE MESSAGE

Messages will display below



WORLD ANTIBIOTIC AWARENESS WEEK 16-22 November 2015



EAAD (18th November) is an international collaboration with World Antibiotic Awareness Week and awareness weeks in USA, Canada & Australia (16-22 November)



USA Get Smart without Antibiotics





Canada Antibiotic Awareness week



Australia Antibiotic
Awareness Week



You are invited to become an Antibiotic Guardian today and to ask others to join you

(You can do so now via your mobile device)



What can you do now?

- Take a look online and plan a collaborative approach to optimising antibiotic prescribing in your area
- Use a <u>range</u> of TARGET resources and if appropriate adapt them to meet local needs
- Become an Antibiotic Guardian choose a simple action based pledge and encourage others to join
- Encourage use of e-Bug in your schools and
- use the Near-peer e-Bug lesson plan
- Appoint an antibiotic champion
- Tell us what you think!





In summary

Makes a difference to resistance amongst patients

Helps to reduce future consultations

Reducing antibiotic prescribing

Helps to slow future antibiotic resistance

Increase patient self-care





The TARGET Antibiotics Toolkit



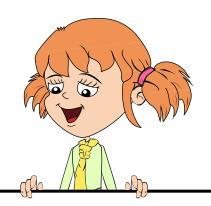


Thank you!









Any Questions?



