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**Antibiotics Resistance Support Pack**

1. Background

* Primary care prescribes four fifth of antibiotics and there are substantial barriers to improving antimicrobial stewardship in this setting. [1]
* There is considerable local variation in prescribing that is not explained by case-mix and may be attributed to behavioural factors [1]
* In the UK ‘Stemming the Tide of Antibiotic Resistance’ (STAR) [2] programme has been developed. Building on behaviour change theories, the programme integrates a blend of learning techniques online and within the general practice setting, including promotion of the evidence base and reflection on practice. Initial feedback from GPs has demonstrated the structure to be feasible and associated with self-reported improvement in knowledge. A recently reported randomised controlled trial shows a reduction of 4% in overall antibiotic prescribing in practices receiving the STAR training package. STAR now forms a central component of the Royal College of General Practitioner’s (RCGP) multifaceted intervention known as ‘TARGET’ [1]

1. Aim

#### Encourage antibiotic prescribing in accordance with existing local antibiotic formulary <http://medicinesmanagement.doncasterccg.nhs.uk/documents/antibiotic-guidelines/>

* Support clinicians in promoting quality improvement by reviewing antibiotic prescribing within their practices.
* Encouraging clinicians to take up RCGP antibiotics training known as ‘TARGET’

1. Resources
   1. **The TARGET Antibiotics Toolkit resources**

The TARGET Toolkit resources are freely available on the RCGP website here: [www.rcgp.org.uk/targetantibiotics/](file:///E:\System\PCT%20Work\Osman\Active%20Work\Infection%20Control\2016\Infection%20Control%20Resource%20Pack\www.rcgp.org.uk\targetantibiotics\)

* 1. **Self-assessment checklist** click [here](http://www.rcgp.org.uk/clinical-and-research/~/~/media/Files/CIRC/TARGET/January%202015/Self-Assessment-Checklist-GP-Questions-31-03-15.ashx)

This tool is a short questionnaire for use by GP practices to assess antibiotic prescribing.

* 1. **TARGET Antibiotics Presentation CPD (1 Hour)**

The presentation lasts 40 – 60 minutes and includes slide notes and references slides and is available to download using the following link: [TARGET antibiotics presentation template](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/523198C42A8B4D44A0B7CCBD6BC97EB2.ashx) [PPT]

The RCGP online clinical course for personal training and reflection aims to provide up to date evidence and surveillance data to primary care clinicians highlighting the importance of optimising antibiotic prescribing and detailing how this can be achieved. It lasts 40 – 60 minutes and includes slide notes and references <http://elearning.rcgp.org.uk/course/info.php?popup=0&id=167>

* 1. **Managing Acute Respiratory Tract Infections (MARTI) CPD (2 Hours)**

The MARTI series of training modules enables you to improve the care you provide to patients presenting with acute ear pain, acute sore throat, sinusitis and acute cough.

The module equates to two hours of CPD and can be imported into the RCGP Revalidation portfolio. <http://www.rcgp.org.uk/courses-and-events/online-learning/ole/managing-acute-respiratory-tract-infections.aspx>

* 1. **MUTS Managing Urinary Tract Infections CPD (1.5 Hours)**

This course explains the importance and appropriateness of diagnostics and offers advice on how to assess and treat patients with a range of urinary symptoms. It encourages reflection on how to minimise antibiotic resistance and offers 'real-life' cases. The module equates to 1.5 hours of CPD and can be imported into the RCGP Revalidation portfolio.  
<http://www.rcgp.org.uk/courses-and-events/online-learning/ole/urinary-tract-infections.aspx>

* 1. **MOSI Management of Skin Infections CPD (2 Hours)**

Skin infections are commonly seen in general practice. With ever increasing rates of antibiotic resistance, it is important for GPs to feel confident about making a diagnosis and to understand when antibiotic treatment is indicated. This course describes common presentations of bacterial, viral and fungal skin infections and outlines their management. The module equates to 2 hours of CPD and can be imported into the RCGP Revalidation portfolio. [www.elearning.rcgp.org.uk/skininfections](http://www.elearning.rcgp.org.uk/skininfections)

* 1. **STAR Stemming the Tide of Antimicrobial Resistance**

STAR is a theory based ‘blended learning’ program to promote appropriate antibiotic prescribing. The STAR program was led by Professor Chris Butler and developed by a team at Cardiff University <http://www.stemmingthetide.org/>

#### Audit Toolkits

Templates for accurate and easy auditing, including read codes, current guidance and action plans.

#### Sore Throat Audit

#### Use this audit template to evaluate antibiotic prescribing for sore throat symptoms against NICE, PHE clinical guidelines and local infection management guidelines [Sore Throat Audit](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/Files/CIRC/TARGET/Final-Upload-October-2014/TARGET-RCGP-Sore-Throat-Audit-Report-Template-word-doc-September-2013.ashx) [DOC]

#### Urinary Tract Infection Audit

#### Use this audit template to evaluate the diagnosis of uncomplicated urinary tract infections using urine dipsticks and/or urine cultures and to assess antibiotic prescribing using Public Health England guidance on the diagnosis and antibiotic treatment of UTIs [Urinary tract infection audit](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/Files/CIRC/TARGET/Sept15/UTI-audit-report-template-090915.ashx) [DOC]

* **Otitis Media Audit**

Use this audit template to evaluate antibiotic prescribing for otitis media symptoms against NICE and PHE clinical guidelines or local infection management guidelines. [Otitis media audit](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/Files/CIRC/TARGET/Acute-Otitis-Media-audit-report-template-V3-25615.ashx) [DOC]

* **Acute Cough Audit**

Use this audit template to evaluate antibiotic prescribing for acute cough symptoms against NICE and PHE clinical guidelines or local infection management guidelines. [Acute cough audit](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/Files/CIRC/TARGET/Acute-Cough-audit-report-template-V3-250615.ashx) [DOC]

**Patient information leaflets**

* **TARGET Treating your infection patient information Leaflet**

The treating your infection leaflet has been developed through extensive feedback with patients and clinicians. It is designed to be shared with the patient and completed with them during the consultation. Its aim is to increase the patient’s confidence to self-care, and to facilitate the use of a back-up antibiotic prescription, but it also allows the patients to go away with something, so ending the consultation on a positive note.

The leaflet explains to the patient:

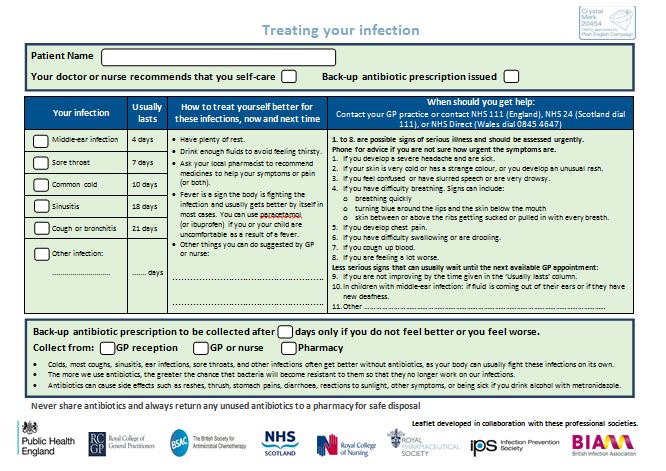
* The diagnosis (for example sinusitis, bronchitis or cold)
* The decision about antibiotics
* Allows a discussion about a back-up/delayed antibiotic option and how to take this forward
* The natural timeframe for their illness
* Self-help management
* When to seek help (safety netting)
* The need for safe antibiotic prescribing to minimise antibiotic resistance

To use this leaflet effectively, it should be used as a tool to interact with patients, rather than as a ‘parting gift’. Clinicians should complete the CPD training and take time to familiarise themselves with the leaflet before starting to use it.

* **The leaflets can be found on both EMIS-Web & TPP-S1 in the clinical systems.**

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* **Specific Read codes** – when using the leaflet, practitioners ideally would use one of the following Read codes:
* EMIS web codes - 8BP0 (deferred antibiotic therapy), 8OA9 (provision of written info about antibiotic therapy), 8CAk (patient advised to delay filling of prescription), 8CE (self help advice leaflet given).
* TPP codes – XaKYH (deferred antibiotic therapy), XaaJM (provision of written information about antibiotics).
* This will enable you to audit your use of the leaflet and can be used to record ‘no’ or ‘back-up’ prescription decisions for appraisal and monitoring purposes.
* Practices may wish to set up the leaflet to appear automatically. You need to be familiar with the ‘Protocols’ functionality for you to do this. Please refer to the clinical system help guide which may help implement this.



Treating your infection patient information Leaflet [Access here](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/AB844515CA3E4E2F9C05DEB8DB1C7871.ashx)

* **When should I Worry?**

The 'When Should I Worry?' booklet provides information for parents about the management of respiratory tract infections such as coughs, colds, sore throats and ear aches in children. It is designed to be shared in consultations.

[Access here](http://www.whenshouldiworry.com/)

* **Get well soon without antibiotics leaflet**

This leaflet, produced by the Department of Health, explains the need to get the right treatment for common illnesses such as colds and coughs without encouraging antibiotic resistance. It is available in different languages and is suitable for distribution in waiting areas.

[Access here](http://www.rcgp.org.uk/clinical-and-research/toolkits/~/~/media/AB8C27D6276E4CD488183214B81FFCD7.ashx)

* **The Self Care Forum**

The Self Care Forum [www.selfcareforum.org](http://www.selfcareforum.org) is dedicated to helping people take care of themselves. The forum has developed self-care guidance, downloadable self-care factsheets for common ailments, top tips on self-care, and case studies. Fact sheets are available covering issues such as fever in children, cough and sore throat.

**Additional Information**

* Resources for clinical and waiting areas

There are several resources for clinical waiting areas that can be used and accessed by <http://www.rcgp.org.uk/clinical-and-research/target-antibiotics-toolkit/>resources-for-clinicians.aspx

# Bibliography

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| [1] | Public Health England, “Behaviour change and antibiotic prescribing in healthcare settings. Literature review and behavioural analysis,” PHE publications gateway number: 2014719, Feb 2015. |
| [2] | B. C. H. K. a. Simpson SA, “Stemming the Tide of Antibiotic Resistance (STAR):A protocol for a trial of a complex intervention addressing the 'why' and ‘how’ of appropriate antibiotic prescribing in general practice.,” *BMC Family Practice,* vol. 10, no. 20, 2009. |

[3] http://www.rcgp.org.uk/TARGETantibiotics Accessed Sep 2016