



# GET SMART Newsletter

February 2017

## Core Elements of Outpatient Antibiotic Stewardship

Adapted from a recent CDC MMWR article by Tabitha Reefer, MBA, MPH, Get Smart Consultant

### What is antibiotic stewardship?

Antibiotic stewardship is the effort to measure and improve how antibiotics are prescribed by health care providers and used by patients.

Improving antibiotic prescribing involves creating strategies to change prescribing practices so that they follow recommendations for diagnosis and medication prescribing.

### Why is it important?

Antibiotic stewardship makes sure that the right drug, dose and duration are chosen when an antibiotic is needed. Inappropriate prescribing of antibiotics is the most important risk factor for antibiotic resistance. At least 30 percent of outpatient antibiotic prescriptions in the United States are unnecessary.

### What are the core elements?

#### **Commitment:**

The commitment to and responsibility for optimizing antibiotic prescribing and patient safety should be advocated by every person involved in patient care.

#### **Action for policy and practice**

Create at least one policy or practice to improve antibiotic prescribing, measure whether it is working, and change it as needed. An approach with reachable goals can help policy and practice changes. Action is needed to transform policy and practice into measurable results.

#### **Tracking and reporting**

It is important to monitor antibiotic prescribing practices and offer regular feedback to health care providers. Tracking and reporting

prescribing can guide changes in practice and be used to measure progress in improving antibiotic prescribing.

#### **Education and expertise**

Providing educational resources to health care providers and patients on antibiotic prescribing will result in an educated provider and patient. Education for patients and family members improves health literacy and increases efforts to improve antibiotic use. Effective clinician education should include reviewing guidelines for appropriate antibiotic prescribing and address psychosocial pressures that influence antibiotic prescribing practices of providers, such as clinicians' concerns about patient satisfaction.

Full article can be found [here](#).

### UNDERSTANDING INAPPROPRIATE ANTIBIOTIC USE

Inappropriate antibiotic use can refer to two types of antibiotic misuse: when an antibiotic is prescribed, but not needed or when the wrong antibiotic, dose, or duration is chosen.

#### Unnecessary Use/Overuse



Example: A 40-year-old woman is diagnosed with bronchitis and prescribed an antibiotic, even though national guidelines recommend against prescribing antibiotics for bronchitis.

#### Misuse/Incorrect Prescription



Example: An 8-year-old boy is diagnosed with strep throat and needs an antibiotic to treat it, but the antibiotic prescribed is the wrong one, or the dose is too low, or the duration is too long.

# Kids' Corner

## Antibiotic Stewardship Word Search

P R E S C R I P T I O N S F P  
C Q H D F J C Y B A A Q T B O  
X O J M D Y P T N M O W E Z L  
C F R Q L R C T S Q E L W D I  
C T N E M T I M M O C Q A S C  
G S R L E B W Q J L W E R N Y  
M N F A I L W G Y K S W D O U  
V P I O C I E P E I M X S I D  
W S T T S K V M T B T W H T O  
E I L U R Y I R E A M F I A D  
C D G X P O E N N N W E P C T  
K N F S O P P E G C T N F U L  
Q I P C X J J E G F A S N D O  
M E O E E Q D W R E F S D E J  
P R A C T I C E R H S W O W X

ANTIBIOTIC  
COMMITMENT  
COREELEMENTS  
EDUCATION  
EXPERTISE  
POLICY

PRACTICE  
PRESCRIPTION  
REPORTING  
STEWARDSHIP  
TRACKING

### Get Smart Announcement!

The Second Annual Get Smart Kids' Art Competition and Get Smart Volunteer Award Ceremony honoring the art competition winners and Get Smart volunteers will be held on Wednesday, March 22, 2017. In addition, the award ceremony will kick-off the 2017 Get Smart Kids' Art Competition. Look for more details in the upcoming issues of the Get Smart Newsletter.

If you have any ideas or would like more information, please contact us. To unsubscribe, email [knowwhentosayno@pa.gov](mailto:knowwhentosayno@pa.gov).