

## A CPPE Optimise programme: Antimicrobial stewardship

### Focus on optimising antimicrobial prescribing

Getting prepared

#### Introduction

The prevalence of antimicrobial resistance has risen over the last 40 years. Antimicrobial stewardship (AMS) has been highlighted in numerous national guidelines including *Start Smart - Then Focus* from Public Health England and the National Institute for Health and Care Excellence (NICE) guideline NG15 on antimicrobial stewardship. AMS is an important role for all healthcare professionals and this programme will support you to develop your knowledge and skills to optimise the prescribing of antimicrobials. The preparation for your small group learning should take you 20 minutes. The small group learning has been designed to take 40 minutes. This is supported by online learning on the CPPE website.

#### Learning objectives

After completing all aspects of this programme you should be able to:

- apply relevant local and national guidance on antimicrobial stewardship to your own area of practice
- engage with, and support, the multidisciplinary team to optimise prescribing of antimicrobials.



National expert and programme contributor: Dr Diane Ashiru-Oredope, lead pharmacist for antimicrobial resistance and stewardship, Public Health England

#### Aim to understand the patient's experience - task

Watch this video from Public Health England and think about all the ways antimicrobial resistance could impact on patients:  
[www.youtube.com/watch?v=B3a3sfdRQa8](http://www.youtube.com/watch?v=B3a3sfdRQa8)

It is estimated that 25,000 people die across Europe each year because of drug-resistant infections<sup>1</sup>. You need to take action to allow the routine procedures and interventions in the video to be able to continue safely.

#### Evidence-based choice of medicines - task

Below are two resources which provide guidance on how healthcare professionals can apply antimicrobial resistance in their area of practice. Take five minutes to familiarise yourself with one of the following resources; focus on the one most relevant to your area of practice:

*Start Smart - Then Focus*: read Figure 1: Antimicrobial Stewardship (AMS) - Read the treatment algorithm on page 7, available at: <https://bit.ly/1JuFwr1> - mainly for hospital pharmacy.

TARGET antibiotic toolkit, available at: <https://bit.ly/2wAzT70> - resources provided by Royal College of General Practitioners to help optimise antibiotic prescribing in primary care.

After the workshop you may want to spend more time reviewing these resources and others that we provide in *Next steps* on the CPPE website.

#### Ensure medicines use is as safe as possible - task

Take five minutes to read the recommendations relevant to your area of practice in NICE guideline NG15 - *Antimicrobial stewardship: systems and processes for effective antimicrobial medicine use* - and answer the question below.  
[www.nice.org.uk/guidance/NG15/chapter/1-Recommendations](http://www.nice.org.uk/guidance/NG15/chapter/1-Recommendations)

List three areas of your practice you are going to change, find out more about, or that require your input to help optimise antimicrobial prescribing?

#### Improved patient outcomes - task

Healthcare professionals understand that medicines optimisation empowers patients to make the most of their medicines. Optimisation and stewardship of antimicrobials will see improved patient care, reduced antimicrobial resistance and fewer drug interactions.

Go to <http://antibioticguardian.com> to make your Antibiotic Guardian pledge. Bring your pledge with you to the learning session.

#### Make medicines optimisation part of routine practice - task

Spend five minutes looking at your antimicrobial resistance local indicators, provided by Public Health England, and answer the question below.

Local indicators (<https://bit.ly/2rRmreR>) include:

- Antimicrobial resistance
- Healthcare-associated infections
- Antimicrobial stewardship
- Antibiotic prescribing
- Infection prevention and control

How do your local indicators compare to the national average? Where could you make the biggest impact in your area? How could you measure this?

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Small group learning

Start  
0 minutes

 **5 minute activity**

**Clinical challenges**

In your groups, discuss what you think the most common challenges are when screening/dispensing antimicrobial prescriptions?

Why do you think these occur?

 **5 minute activity**

**Clinical discussion**

Using Public Health England data, trusts and CCGs can compare their antimicrobial resistance data with others nationally.

In your groups, discuss your local antimicrobial indicators.

- What did you find surprising?
- What actions do you think you could take to make an impact locally?

 **10 minute activity**

**Clinical controversy**

Allergies are sometimes confused with adverse drug reactions, which may lead to a decrease in use of first line, broad-spectrum antibiotics.

- If a patient told you they were allergic to an antimicrobial, what action would you take?

Discuss what you do in practice and justify your reasons.



**Next steps**

Go to the CPPE website (using the web link below or this QR code) to find your next steps and follow-up exercises.

Visit the CPPE website to record your learning and earn your badge.



Finish  
40 minutes

 **15 minute activity**

**Clinical decision-making**

Jean Davies, a 57-year-old woman, has been diagnosed with cellulitis on her leg. She is usually fit and well and has no recent medical history. She had completed two days of “co-amoxiclav 625 mg three times a day for seven days” as prescribed by her GP and her cellulitis had not improved, so she was started on co-amoxiclav intravenously 1.2 grams every eight hours, now Day 4 of treatment. She weighs 64 kg.

In your groups identify and discuss the issues in the above scenario. Consider:

- the prescription from the GP
- the current hospital prescription
- what further information you would like to know
- how you will approach the prescriber.

Justify your answers. Be prepared to feed back to the whole group.