

Keep Antibiotics Working

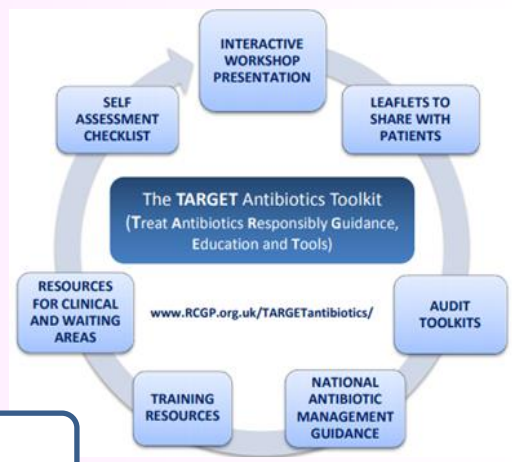
Did you know that a failure to address antibiotic resistance could result in approximately **10 million deaths a year by 2050** if antimicrobial resistance is not tackled now ([Review on Antimicrobial Resistance report](#))?



Did you know that Public Health England is running a national campaign: [Keep Antibiotics Working](#)?
Did you choose your pledge?
 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.
 To slow resistance we need to cut the unnecessary use of antibiotics. We invite you to become an [Antibiotic Guardian](#).

Resources & e-learning

- Have you heard of** the [TARGET Antibiotic Toolkit](#)?
- [Treating your infection - URINARY TRACT INFECTION leaflet](#)
 - [Treating your infection – RESPIRATORY TRACT INFECTION leaflet](#)
 - [Get well soon without antibiotics leaflet](#)



❖ e-Learning for Healthcare: [Reducing Antimicrobial Resistance](#)

❖ Health Education England: [Antimicrobial Resistance - A Guide for GPs](#)

[Fingertips](#) is a publicly available platform developed by Public Health England (PHE) that provides access to specific, pre-defined, health information (profiles).



[e-Bug](#)-teaching tool endorsed by NICE .
 Produced by Public Health England (PHE) that co-badged the guidance.



Treating your infection



Patient Name

Your doctor or nurse recommends that you self-care

Back-up antibiotic prescription issued

| Your infection | Usually lasts | How to treat yourself better for these infections, now and next time | When should you get help: Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS Direct (Wales dial 0845 4647) |
|--|---------------|--|--|
| <input type="checkbox"/> Middle-ear infection | 4 days | <ul style="list-style-type: none"> • Have plenty of rest. • Drink enough fluids to avoid feeling thirsty. • Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both). • Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol (or ibuprofen) if you or your child are uncomfortable as a result of a fever. • Other things you can do suggested by GP or nurse: | <p>1. to 8. are possible signs of serious illness and should be assessed urgently. Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> 1. If you develop a severe headache and are sick. 2. If your skin is very cold or has a strange colour, or you develop an unusual rash. 3. If you feel confused or have slurred speech or are very drowsy. 4. If you have difficulty breathing. Signs can include: <ul style="list-style-type: none"> o breathing quickly o turning blue around the lips and the skin below the mouth o skin between or above the ribs getting sucked or pulled in with every breath. 5. If you develop chest pain. 6. If you have difficulty swallowing or are drooling. 7. If you cough up blood. 8. If you are feeling a lot worse. <p>Less serious signs that can usually wait until the next available GP appointment:</p> <ol style="list-style-type: none"> 9. If you are not improving by the time given in the "Usually lasts" column. 10. In children with middle-ear infection: if fluid is coming out of their ears or if they have new deafness. 11. Other |
| <input type="checkbox"/> Sore throat | 7 days | | |
| <input type="checkbox"/> Common cold | 10 days | | |
| <input type="checkbox"/> Sinusitis | 18 days | | |
| <input type="checkbox"/> Cough or bronchitis | 21 days | | |
| <input type="checkbox"/> Other infection: | days | | |

Back-up antibiotic prescription ONLY to be collected in days if you do not feel better or feel worse.

Collect from: GP reception GP or nurse Pharmacy

- Colds, most coughs, sinusitis, ear infections, sore throats, and other infections often get better without antibiotics, as your body can usually fight these infections on its own.
- The more we use antibiotics, the greater the chance that bacteria will become resistant to them so that they no longer work on our infections.
- Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea, reactions to sunlight, other symptoms, or being sick if you drink alcohol with metronidazole.

Never share antibiotics and always return any unused antibiotics to a pharmacy for safe disposal

Leaflet developed in collaboration with these professional societies



Recurrent Urinary Tract Infections in Adults

Are you familiar with the [Antibiotic prophylaxis for recurrent UTIs guideline](#) on the [Nottinghamshire APC website](#)?

The guideline contains patient information and was developed in collaboration with local Urologists and local General Practitioners.

Check the [recurrent UTI guideline](#) to find the:

- ❖ Red Flags for Urology Referral
- ❖ Management of Initial Presentation of Recurrent UTI in non-pregnant females
- ❖ Antibiotic Prescribing Strategies
 - Standby Antibiotics
 - Post Coital Antibiotics
 - Continuous Antibiotic Prophylaxis
- ❖ Stopping continuous prophylaxis
- ❖ Patient information leaflet