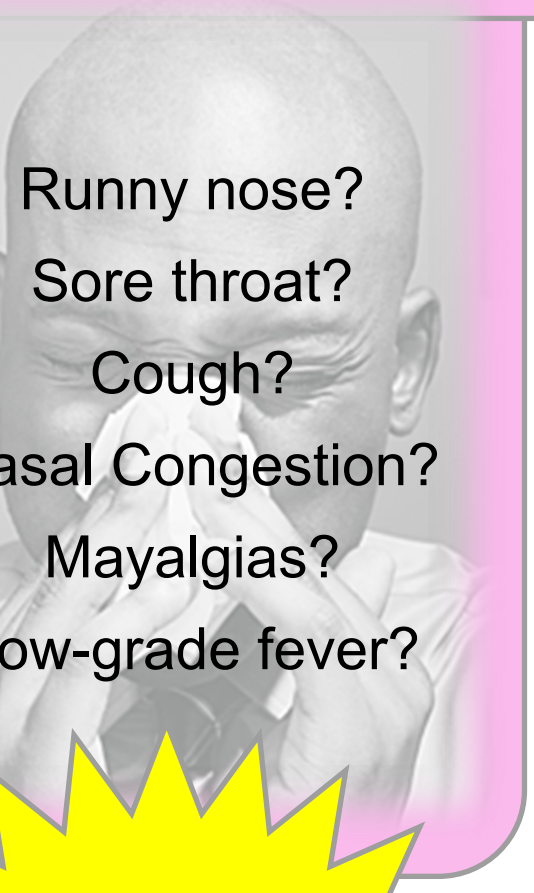
Nebraska Antimicrobial Stewardship Assessment and Promotion Program

NEBRASKA
Good Life. Great Miss on.
DEPT. OF HEALTH AND HUMAN SERVICES

Acute Viral Upper Respiratory Infections (URIs)

Does your patient have...



Runny nose?
Sore throat?
Cough?
Nasal Congestion?
Mayalgias?
Low-grade fever?

URIs are the 3rd most common visit diagnosis

Recommendations from AAP and IDSA	
Antibiotics should not be used for apparent viral URIs like sinusitis, pharyngitis, bronchitis	American Academy of Pediatrics (AAP)
Avoid prescribing antibiotics for URIs	Infectious Diseases Society of America (IDSA)

Adapted from choosing wisely campaign
http://www.choosingwisely.org/

The ABCs of Prescribing Antibiotics for Health Care Providers

Ask Yourself
"Are these antibiotics necessary?"
"What alternatives can we offer?"

Bacteria
Antibiotics do not kill viruses, they only kill bacteria. Whenever possible, get a culture to determine if antibiotics will be effective.

Conserve
Conserve the antibiotics we have by only prescribing when appropriate, and for the shortest duration possible. Consult your facility's antibiogram for selection of appropriate antibiotics. Make sure your patients complete their course of therapy if you prescribe an antibiotic.

Don't give into pressure
Don't let patients pressure you into prescribing unnecessary antibiotics.
Do select the appropriate antibiotic, which could mean changing the medication based on antibiogram.

Educate
Provide your patients education on WHY antibiotics are not needed for:

- ✗ Cold or flu;
- ✗ Most coughs and bronchitis;
- ✗ Sore throat not caused by strep;
- ✗ Runny nose; or
- ✗ Most ear aches.

Content adapted from www.cdc.gov and www.apic.org