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# Antibiotics Awareness Week 2018: Antibiotic Use Education Strategies in Imperial County Healthcare Facilities November 14, 2018

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Healthcare-Associated Infections Program  
Center for Health Care Quality  
California Department of Public Health



# Agenda



11:30AM	Welcome/Introduction
11:40AM	U.S. Antibiotics Awareness Week and Imperial County Antibiotic Resistance Prevention Collaborative
11:50AM	Review Resources and Website for Imperial County
12:10PM	Local Examples of Implementation
12:25PM	Next Steps



# WELCOME/INTRODUCTIONS



**U.S. ANTIBIOTICS AWARENESS WEEK AND  
IMPERIAL COUNTY ANTIBIOTIC RESISTANCE  
PREVENTION COLLABORATIVE**



# Happy U.S. Antibiotics Awareness Week!

 **CA Public Health** @CAPublicHealth · Nov 12

Antibiotic resistance is one of the most urgent threats to the public's health. Infections due to #antibiotic resistance are serious and sometimes deadly. Be antibiotic aware: [ow.ly/Abto50jDCr5](https://ow.ly/Abto50jDCr5) #BeAntibioticAware #USA AW18



**Bacteria, not the body, become resistant to the antibiotics designed to kill them.**

**When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.**

**Some resistant bacteria can be harder to treat and can spread to other people.**

**U.S. ANTIBIOTIC AWARENESS WEEK**  
November 12-18, 2018

**Public Health** @CAPublicHealth · Nov 13

Antibiotics don't work for infections like cold and flu. Instead, ask your healthcare professional or #pharmacist how to feel better. [ow.ly/Fhj750jDCSL](https://ow.ly/Fhj750jDCSL) #AntibioticAware #USA AW18

ANTIBIOTIC  
AWARENESS WEEK  
NOVEMBER 12-18, 2018

IS IT NECESSARY TO TAKE  
ANTIBIOTICS?

Antibiotics do not work on certain infections, such as colds, flu, or runny noses, even if the mucus is thick, yellow, or green.

IS THERE A DOWNSIDE TO TAKING  
ANTIBIOTICS?

Taking antibiotics when they don't work can be more harm than good and lead to allergic reactions or serious diarrhea infections.

Follow us on Twitter  
@CAPublicHealth

# Partnership for Regional Antibiotic Resistance (AR) Prevention

- Local area hospitals, skilled nursing facilities, dialysis centers, outpatient clinics, urgent care, dental clinics
- Imperial County Department of Public Health
- California Department of Public Health Healthcare-Associated Infections (HAI) Program

# Regional Model for AR Prevention Collaboratives

## Facilities work together to protect patients.

### Common Approach *(Not enough)*

- Patients can be transferred back and forth from facilities for treatment without all the communication and necessary infection control actions in place.

### Independent Efforts *(Still not enough)*

- Some facilities work independently to enhance infection control but are not often alerted to antibiotic-resistant or *C. difficile* germs coming from other facilities or outbreaks in the area.
- Lack of shared information from other facilities means that necessary infection control actions are not always taken and germs are spread to other patients.

### Coordinated Approach *(Needed)*

- Public health departments track and **alert** health care facilities to antibiotic-resistant or *C. difficile* germs coming from other facilities and outbreaks in the area.
- Facilities and public health authorities share information and implement shared infection control actions to stop spread of germs from facility to facility.



# Imperial County AR Prevention Collaborative Structure

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- May 2018 – July 2019
  - Quarterly in-person learning and discussion sessions
  - Onsite infection prevention assessment
  - Assistance with developing a site-specific action plan
  - Dissemination of guidance and tools
  - Opportunities to discuss and share best practices
  - End-of-collaborative self-assessment
- 
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# Regional AR Prevention Collaborative Objectives

- Improve implementation of AR prevention strategies within local health care facilities across the continuum of care
  - Antibiotic stewardship
  - Infection prevention
- Improve coordination of antibiotic use and infection prevention measures when patients/residents transfer between facilities

# What is Antibiotic Stewardship?

Coordinated activities to promote and measure appropriate antibiotic use

- **Diagnosis** – Does the patient have an infection for which an antibiotic is needed?
- **Antibiotic selection** – Is the antibiotic the correct one?
- **Dosing** – Is the antibiotic dose and monitoring appropriate?
- **Duration** – How long is sufficient, but not longer than necessary?

# CDC Core Elements for Outpatient Antibiotic Stewardship



## **Commitment**

Demonstrate dedication to and accountability for optimizing antibiotic prescribing and patient safety.



## **Action for policy and practice**

Implement at least one policy or practice to improve antibiotic prescribing, assess whether it is working, and modify as needed.



## **Tracking and reporting**

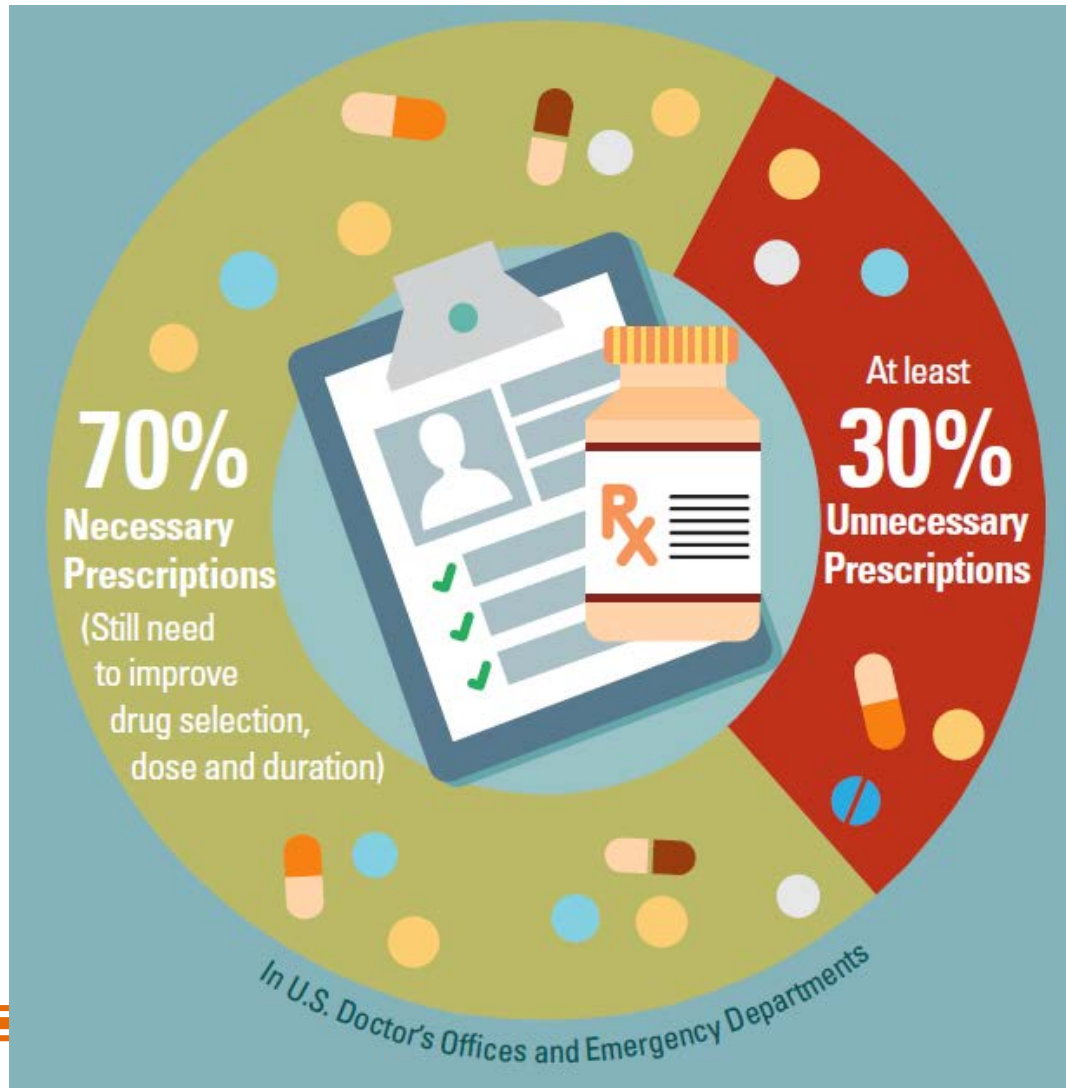
Monitor antibiotic prescribing practices and offer regular feedback to clinicians, or have clinicians assess their own antibiotic prescribing practices themselves.



## **Education and expertise**

Provide educational resources to clinicians and patients on antibiotic prescribing, and ensure access to needed expertise on optimizing antibiotic prescribing.

# Antibiotic Prescribing in Outpatient Settings



- At least 30% of antibiotic courses are unnecessary
- Most unnecessary antibiotic use for acute respiratory conditions, e.g., acute bronchitis

# Outpatient Antibiotic Stewardship Actions

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- Educational methods — antibiotic prescribing decisions are based on knowledge
    - Guidelines
    - Clinical decision support
  - Behavioral methods — antibiotic prescribing decisions are influenced by psychosocial factors
    - Communications training
    - Public commitments
- 
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# ANTIBIOTIC STEWARDSHIP RESOURCES



# Imperial County Resource Webpage

California Department of Public Health

Search this site

I am looking for | I am a | Programs | A-Z Index

Home | Programs | Center For Health Care Quality | Healthcare-Associated Infections Program | HAI Program Home

## HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM

**HAI Program**

- HAI Program Homepage
- Health Care Providers
- Public Health Partners
- Annual HAI Reports
- ICP Flu Vaccination Report
- HAI Liaison Program

Contact Us  
Department of Public Health  
Healthcare-Associated Infections Program

### Imperial County Antimicrobial Resistance (AR) Prevention Collaborative

**Antibiotics**

an-ti-bi-ot-ic | an-ti-bah-y-ot-ik | an-...  
medicine produced by or der... harmful

Excessive exposure to antibiotics results in the emergence and spread of antibiotic resistant bacteria, potentially avoidable adverse drug reactions, and increased healthcare utilization and cost. Healthcare providers in all

# Imperial County Resource Webpage

Phone: (510) 412-6050  
Email: [HAIProgram@cdph.ca.gov](mailto:HAIProgram@cdph.ca.gov)

## Resources for Patients and Families



- Antibiotic Use Information
- Coloring Pages
- Videos

## Resources for Health Care Providers



- Commitment Posters
- Educational Resources and Articles
- Prescription Pads for Symptom Relief
- Adherence Monitoring Tools

## Collaborative Resources



- Project Plan and Timeline
- Meeting Agenda and Materials
- Assessment Tools





# Commitment Posters – For Individual Providers

## YOUR HEALTH IS IMPORTANT TO ME.



**insert health care  
provider photo here**

Antibiotics don't work for certain infections like the common cold, most coughs, and most sore throats. Taking antibiotics when they don't work can do more harm than good and lead to allergic reactions or serious diarrhea infections.

**I GUARANTEE I WILL DO MY BEST TO PRESCRIBE  
ANTIBIOTICS ONLY WHEN YOU NEED THEM.**

Antibiotics can be life-saving, but certain germs are becoming more resistant. If we're not careful about how we prescribe and use the antibiotics we've relied on for years, they might not work for us in the future.

Signed, \_\_\_\_\_

**Insert Health Care Provider Name Here**

**Insert  
facility  
logo  
here**



## SU SALUD ES IMPORTANTE PARA MI.



**Inserte la photo del  
proveedor de salud**

Los antibióticos no funcionan para ciertas infecciones como el resfriado común, la tos y la mayoría de los dolores de garganta. Tomar antibióticos cuando no funcionan puede hacer más daño que beneficio y provocar reacciones alérgicas ó infecciones graves por diarrea.

**LE GARANTIZO QUE HARE LO MEJOR PARA PRESCRIBIRLE  
ANTIBIOTICOS SOLO CUANDO USTED LO NECESITE.**

Los antibióticos pueden salvar vidas, pero ciertos gérmenes se están haciendo resistentes. Si no tenemos cuidado como recetamos y usamos los en los antibióticos que confiamos durante años, es posible que no funcionen para nosotros en el futuro.

Firma, \_\_\_\_\_

**Inserte el nombre del proveedor de salud**

**Inserte logotipo  
de la instalacion  
aqui**



# Commitment Posters – For the Group

## YOUR HEALTH IS IMPORTANT TO US.

Antibiotics don't work for certain infections like the common cold, most coughs, and most sore throats. Taking antibiotics when they don't work can do more harm than good and lead to allergic reactions or serious diarrhea infections.

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**insert health care  
provider photo here**

Insert  
facility  
logo  
here



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provider photo here



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# Commitment Posters – Urology, Oncology...



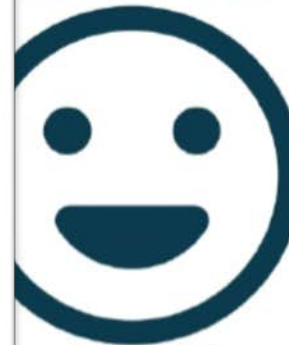
**Insert health care  
provider photo here**

Antibiotics aren't usually needed for bacteria in the urine if there are no symptoms of infection. Taking antibiotics when they don't work can do more harm than good and lead to allergic reactions or serious diarrhea infections.

**I GUARANTEE I WILL DO MY BEST TO  
PRESCRIBE ANITBIOTICS ONLY WHEN YOU NEED THEM.**

Antibiotics can be life-saving, but certain germs are becoming more resistant. If we're not careful about how we prescribe and use the antibiotics we've relied on for years, they might not work for us in the future.

**I WANT TO LIVE.**



**Insert health care  
provider photo here**

Antibiotics are of critical importance to hematology-oncology patients. Taking antibiotics when they don't work can do more harm than good and lead to allergic reactions or serious diarrhea infections.

**I GUARANTEE I WILL DO MY BEST TO HELP YOU PREVENT  
INFECTIONS AND USE ANITBIOTICS CORRECTLY WHEN NECESSARY.**

Antibiotics can be life-saving, but certain germs are becoming more resistant. If we're not careful about how we prescribe and use the antibiotics we've relied on for years, they might not work for us in the future.

# Prescription Pad – Symptom Relief for Viral Illness

## SYMPTOM RELIEF



### DIAGNOSIS

- Cold or cough
- Middle ear fluid
- Flu
- Viral sore throat
- Bronchitis
- Other:

### GENERAL INSTRUCTIONS

- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges.
- Use honey to relieve cough. Do not give honey to an infant younger than 1.

### SPECIFIC MEDICINES

- Fever or aches:
- Ear pain:
- Sore throat and congestion:

### FOLLOW UP

- If not improved in \_\_\_ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Phone:
- Other:

Signed: \_\_\_\_\_

Notes:



## ALIVIO DE LOS SÍNTOMAS



TOME CONCIENCIA  
SOBRE LOS  
ANTIBIÓTICOS  
BUEN USO, MEJOR TRATAMIENTO

### DIAGNÓSTICO

- Resfriado o tos
- Líquido en el oído medio
- Influenza (gripe)
- Dolor de garganta de origen viral
- Bronquitis
- Otro:

### INSTRUCCIONES GENERALES

- Beba más agua y otros líquidos de lo habitual.
- Use un humidificador de vapor frío o una solución salina nasal en aerosol para aliviar la congestión.
- Para el dolor de garganta en los niños mayores y adultos, use trocitos de hielo, aerosol para garganta irritada o pastillas para la garganta.
- Use miel para aliviar la tos. No le dé miel a un bebé de menos de un año de edad.

### MEDICAMENTOS ESPECÍFICOS

- Fiebre o dolores:
- Dolor de oído:
- Dolor de garganta y congestión:

### SEGUIMIENTO

- Si no se ha mejorado en \_\_\_ días/horas, si tiene nuevos síntomas o si tiene otras inquietudes, llame o vuelva al consultorio para hacerse un nuevo chequeo.
- Teléfono:
- Otro:

Firmado: \_\_\_\_\_

Notas:



# Prescription Pad – Watchful Waiting

## WATCHFUL WAITING



### GOOD NEWS!

Your healthcare professional believes your illness will likely go away on its own.

You should watch and wait for \_\_\_ days/ hours before deciding whether to take an antibiotic.

In the meantime, follow your healthcare professional's recommendations to help you feel better and continue to monitor your own symptoms over the next few days.

- o Rest.
- o Drink extra water and fluids.
- o Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- o For sore throats in adults and older children, try ice chips, sore throat spray, or lozenges.
- o Use honey to relieve cough. Do not give honey to an infant younger than 1.

If you feel better, no further action is necessary.

If you do not feel better, experience new symptoms, or have other concerns, call your healthcare professional \_\_\_\_\_. Discuss whether you need a recheck or antibiotics.

Signed: \_\_\_\_\_

Notes:



## ESPERAR ATENTAMENTE



### ¡BUENAS NOTICIAS!

El profesional de atención médica cree que es probable que su enfermedad desaparezca sola.

Debe estar atento y esperar \_\_\_ días/horas antes de decidir si toma o no un antibiótico.

**Mientras tanto, siga las recomendaciones del profesional de atención médica para ayudarlo a sentirse mejor** y continúe **monitoreando sus síntomas** en los días siguientes.

- o Descanse.
- o Beba más agua y otros líquidos de lo habitual.
- o Use un humidificador de vapor frío o una solución salina nasal en aerosol para aliviar la congestión.
- o Para el dolor de garganta en los adultos y niños mayores, pruebe con trocitos de hielo, aerosol para garganta irritada o pastillas para la garganta.
- o Use miel para aliviar la tos. No le dé miel a un bebe de menos de un año de edad.

Si usted se siente mejor, no tiene que tomar ninguna otra medida.

Si usted no se siente mejor, tiene nuevos síntomas, o tiene otras inquietudes, consulte al profesional de atención médica \_\_\_\_\_.

**Pregúntele si debe hacerse un Nuevo chequeo o tomar antibióticos.**

Firmado: \_\_\_\_\_

Notas:



# Infographic – What is Antibiotic-Resistant Bacteria?

## What is antibiotic-resistant bacteria?



Antibiotic resistance occurs when bacteria no longer respond to the drugs designed to kill them. Anytime antibiotics are used, they can cause antibiotic resistance.



Bacteria, not the body, become resistant to the antibiotics designed to kill them.

When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.

To learn more about antibiotic prescribing visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).

## ¿Qué son las bacterias resistentes a los antibióticos?



La resistencia a los antibióticos ocurre cuando las bacterias ya no responden a los medicamentos que fueron creados para eliminarlas. Cada vez que se usen antibióticos, pueden causar resistencia.



Son las bacterias, no el cuerpo, que se vuelven resistentes a los antibióticos creados para eliminarlas.

Cuando las bacterias se vuelven resistentes, los antibióticos no pueden combatirlos, y estas se multiplican.

Algunas bacterias resistentes pueden ser más difíciles de tratar y propagarse a otras personas.

Cada año en los Estados Unidos al menos **2 millones de personas** se infectan con bacterias resistentes a los antibióticos. Al menos **23 000 personas** mueren por esta causa.

Para saber más sobre cómo recetar y usar antibióticos, visite <https://www.cdc.gov/antibiotic-use/community/sp>.



# Infographic – Do Antibiotics Have Side Effects?

## Do antibiotics have side effects?



Anytime antibiotics are used, they can cause side effects. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Common side effects of antibiotics can include:



Rash



Dizziness



Nausea



Yeast Infections



Diarrhea

More serious side effects include *Clostridium difficile* infection (also called *C. difficile* or *C. diff*), which causes diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

Antibiotics save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects.

To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).



## ¿Por qué tomar los antibióticos?



TOME CONCIENCIA SOBRE LOS ANTIBIÓTICOS

BUEN USO, MEJOR TRATAMIENTO

Los antibióticos, pueden tener efectos secundarios. Si no necesita un antibiótico, no se sentirá mejor, y los efectos secundarios aún pueden ocurrir. Los efectos secundarios comunes de los antibióticos pueden incluir:



Sarpullido



Mareos



Náuseas



Infecciones por hongos (candidiasis)



Diarrea

Entre los efectos secundarios más graves se incluye la infección por *Clostridium difficile* (también llamada *C. difficile* o *C. diff*), que causa diarrea y puede dañar gravemente el colon y provocar la muerte. Las personas también pueden tener reacciones alérgicas graves y potencialmente mortales.

**Los antibióticos salvan vidas. Cuando un paciente necesita antibióticos, los beneficios superan el riesgo de los efectos secundarios.**

## 1 de cada 5

visitas a salas de emergencias relacionadas con medicamentos son por reacciones a los antibióticos.

Para saber más sobre cómo recetar y usar antibióticos, visite <https://www.cdc.gov/antibiotic-use/community/sp>.





# Video – Antibiotics Aren't Always the Answer

## ANTIBIOTICS AREN'T ALWAYS THE ANSWER



English <https://www.youtube.com/watch?v=oVjMMEBjfxU>

Spanish <https://www.youtube.com/watch?v=NVv1fsM9jPQ>

# Imperial County Resource Webpage

## Collaborative Resources



- Project Plan and Timeline
- Meeting Agenda and Materials
- Assessment Tools

### Meeting Agenda and Materials

- Session 1: May 11, 2018
  - [Agenda](#)
  - [Slides](#)
- Session 2: August 31, 2018
  - [Agenda](#)
  - [Slides](#)

### Assessment Tools

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# LOCAL EXAMPLES OF IMPLEMENTATION

## Questions for All

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1. What materials/tools are you using in your facility to improve antibiotic prescribing and use among providers? What are you using for patients?
  2. Are you using any of the collaborative tools? Do you have specific plans to use any of the collaborative tools at your facility?
  3. Who have you designated as a “champion” to help motivate and encourage implementation of your strategies?
- 
-



## NEXT STEPS



## Next Steps

- **Select and create an implementation plan for:**
  - **At least one antibiotic stewardship tool**
  - **At least one process improvement measure from your onsite assessment.**

Plan to discuss at the next collaborative meeting.

  - Haven't had an onsite assessment? Contact Tracy Lanier to schedule a visit! [Tracy.Lanier@cdph.ca.gov](mailto:Tracy.Lanier@cdph.ca.gov)

- **SAVE THE DATE & JOIN US for the next Imperial County Collaborative Meeting**

February 7, 2019, 8:30-12:30

Imperial County Public Health Department

935 Broadway, El Centro, California

# Questions?

Tracy Lanier, Liaison Infection Preventionist

[Tracy.Lanier@cdph.ca.gov](mailto:Tracy.Lanier@cdph.ca.gov)

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Erin Epton, Medical Director

[Erin.Epton@cdph.ca.gov](mailto:Erin.Epton@cdph.ca.gov)