

# NICHE

# YOUR 5 MOMENTS OF PRESCRIBING TO PREVENT ANTIBIOTIC RESISTANCE

## 1 NEED FOR AN ANTIBIOTIC

**WHEN** : BEFORE YOU PRESCRIBE AND AT ANY REVIEW – CONSIDER NOT PRESCRIBING OR DELAYED PRESCRIPTION IF PATIENT IS WELL, SELF-LIMITING INFECTION (E.G. UPPER RESPIRATORY TRACT) OR NO CLINICAL BENEFIT – ADDRESS PATIENT CONCERNS

**WHY** : PATIENTS EXPOSED TO ANTIBIOTICS ARE MORE LIKELY TO DEVELOP RESISTANT BACTERIA MAKING SUBSEQUENT INFECTIONS MORE DIFFICULT TO TREAT. PATIENTS WHO UNDERSTAND ABOUT THEIR INFECTION ARE LESS LIKELY TO RE-PRESENT

**WHEN** : WHEN FIRST-LINE THERAPY HAS FAILED, THE PATIENT HAS BEEN IN HOSPITAL RECENTLY, RECURRENT INFECTION, PREGNANCY OR KNOWN RESISTANCE. CONSIDER IN SEVERE/SERIOUS INFECTION, IMMUNOCOMPROMISED OR CO-MORBIDITY

## 2 INVESTIGATIONS CULTURES BEFORE PRESCRIBING

**WHY** : CULTURES ARE NECESSARY TO CONFIRM ANTIBIOTIC SUSCEPTIBILITY AND GUIDE YOU IN CHOOSING THE MOST APPROPRIATE THERAPY. THEY ALSO HELP US TO UNDERSTAND THE EPIDEMIOLOGY OF ANTIBIOTIC RESISTANCE

## 3 CHOICE SPECTRUM OF ANTIBIOTIC

**WHEN** : BEFORE YOU PRESCRIBE AND AT ANY REVIEW – CONSULT LOCAL OR NATIONAL GUIDELINES – IF A POSITIVE MICROBIOLOGY TEST IS AVAILABLE, USE THE NARROWEST-SPECTRUM EFFECTIVE ANTIBIOTIC

**WHY** : USE OF BROAD-SPECTRUM ANTIBIOTICS (E.G. CEPHALOSPORINS, CO-AMOXICLAV AND FLUOROQUINOLONES) LEADS TO THE EMERGENCE OF HIGHLY RESISTANT BACTERIA

## 4 HOW LONG IS YOUR PRESCRIPTION FOR?

**WHY** : THE LONGER YOU EXPOSE BACTERIA TO AN ANTIBIOTIC, PARTICULARLY AT LOW CONCENTRATIONS, THE MORE LIKELY BACTERIA ARE TO BECOME RESISTANT – DOSING CORRECTLY IS IMPORTANT TO ACHIEVE ADEQUATE CONCENTRATIONS

**WHEN** : AT ANY REVIEW – IS YOUR PATIENT CLINICALLY IMPROVING? ARE ANY MICROBIOLOGY TESTS POSITIVE? MODIFY ANTIBIOTIC THERAPY ACCORDING TO LOCAL OR NATIONAL GUIDELINES AND THE PRINCIPLES OF NICHE

**WHY** : IT MAY BE APPROPRIATE TO CHANGE THE ANTIBIOTIC FOR PATIENTS WITH POSITIVE TESTS. PATIENTS NOT IMPROVING MAY REQUIRE MORE TESTS, A DIFFERENT ANTIBIOTIC OR HOSPITAL REFERRAL. CAN YOU STOP IF PATIENT IS BETTER?

## 5 EVALUATE YOUR PATIENT AND PRESCRIPTION

AT ANY REVIEW CONSIDER ALL OF THE NICHE COMPONENTS TO LIMIT THE RISK OF YOUR PRESCRIPTION CONTRIBUTING TO RESISTANCE



The British Society  
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EUROPEAN  
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