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ePoster Viewing

Antibiotic stewardship programmes

REFLECTION OVER PRESCRIBING PATTERNS REDUCED PRESCRIPTION RATES FOR ANTIBIOTICS AGAINST RESPIRATORY TRACT INFECTIONS IN WESTERN SWEDEN.

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Objectives

Overuse of antibiotics is a matter of great concern globally. In Sweden 90 % of antibiotics are prescribed in the outpatient settings, mainly by general practitioners (GP). Region Västra Götaland consists of a population of 1.6 million, attended by 202 primary care health centers (PCHC). The province is one of the highest prescribing regions in Sweden, and approximately 60 % of these formulas are dispatched for respiratory tract infections (RTI). Antibiotics have modest effect against several diagnoses within this entity. RTI are thus important targets for educational strategies aimed at reducing inappropriate prescribing. An educational program towards GPs was launched by the Swedish strategic programme against antibiotic resistance (Strama) in western Sweden during March-August 2013. It included reflection of prescribing data and case discussions together with trusted colleagues at the PCHC followed by a report for improvements.

Methods.

Strama invited one GP from each center to a half-day workshop education (March-May) and supplemented education material so that the GP in turn could host a reflecting meeting (RM, April-August) with his/hers colleagues at the PHCH. The RM included reflection of prescribing pattern for each colleague in relation to each others as well as for other PCHC in the region and Sweden as a whole. Case discussions dealt with new guidelines against RTI, particularly tonsillitis. A written report was sent to Strama describing mechanisms for the prescription rate of the PCHC and possible inappropriate prescribing, including strategies for improvement. For this effort a minor economic endorsement was given. All the reports were condensed to a feed-back report returned to the PCHC from Strama.

Results

A GP from 176/202 PCHC was educated and reflecting meetings were held at 92 % (186) of the PHCH. Altogether 1000 GPs had considered their own prescribing data and participated in a RM. During April-September prescription rates from PCHC dropped by 12 % as compared to the same period the year before. Rates decreased evenly for both gender and all age-groups among the patients and primarily for antibiotics against RTI (90 %), such as penicillin (49 %) and tetracycline (20 %).

The most constant findings for improvements were:

- Compliance to guidelines need to be enhanced
- RM with colleagues was appreciated
- All personnel, not only doctors must be informed about new guidelines
- All aspects of caring for infectious patients, including all categories of health personnel, must be improved
- The framework of the PCHC greatly influenced prescribing patterns

Conclusions

Awareness of prescribing pattern and reflection together with trusted colleagues was an appreciated educational method and resulted in marked reduction of prescribed antibiotics for RTI.