

Outpatient antibiotics toolkit fact sheet

Antibiotic stewardship, the proper use of antibiotics, is important in the outpatient setting as the majority of prescribing takes place there. Antibiotics can sometimes be prescribed too often and not in proper ways. An estimated 30% to 50% of antibiotic prescriptions are given for viral infections.¹ These practices have resulted in different types of bacteria becoming resistant to antibiotics. This is why we are sharing this toolkit information. We hope these resources, for both you and your office, will be helpful in fighting antibiotic resistance. We offer these as guides and options for you to use in your practice. Many of the resources described on this sheet along with other clinical resources, can be accessed on the **Clinical Quality Hub** under *Additional Resources*.



Footnote:

1 <https://med.stanford.edu/news/all-news/2022/12/antibiotics-test-bacteria-virus.html>

There are well respected and vetted resources available to you and your practice. Two nationally recognized programs are:

1. A comprehensive toolkit from Agency for Healthcare Research and Quality (AHRQ) can be found at <https://tinyurl.com/bdhjzk6k>. This toolkit explains the Four Moments of Antibiotic Decision Making and how to apply them in practice. They address three critical areas:
 - Developing and improving antibiotic stewardship activities in your practice.
 - Learning strategies for communicating with patients, their families, and colleagues about antibiotic prescribing.
 - Learning best practices for diagnosing and managing common infectious syndromes and antibiotic allergies.
 - The toolkit contains communication resources, antibiotic stewardship activities for your practice, how to implement the Four Moments of Antibiotic Decision Making, and best practices with discussion guides.
2. The CDC Be Antibiotics Aware national educational effort to help improve antibiotic prescribing, use and combat antibiotic resistance can be found at [cdc.gov/antibiotic-use/index.html](https://www.cdc.gov/antibiotic-use/index.html). This resource includes patient handouts, posters for your office, stickers, and window clings.



Communication Resources: This link provides resources and tools to speak to colleagues, patients, and families. Resources are available in English and Spanish. Tools include:

- Commitment posters that can be signed by you and your staff and even include pictures. These posters communicate your commitment to safe and appropriate antibiotic use for your patients.
- A one-page document that offers suggestions on how to speak to your patients about appropriate antibiotic use: **Communication One-Pager**.
- Patient brochures you can share with your patients. These resources can be cobranded with your practice information if you like. Directions are included.
- A useful link for additional **CDC patient handouts** that includes items like *Viruses or Bacteria What's got you sick?*
- A tri-fold: **Antibiotics Aren't Always the Answer**. These include options for free or on-demand printing.
- In addition to the above toolkits and resources, the CDC offers many additional resources at **Healthcare Professional Information | Antibiotic Use | CDC**. These resources include **Watchful Waiting prescription pads** and **Symptom Relief handouts (cdc.gov)**.

<https://www.bluecrossnc.com/providers/networks-programs/blue-medicare/healthy-blue-medicare>

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