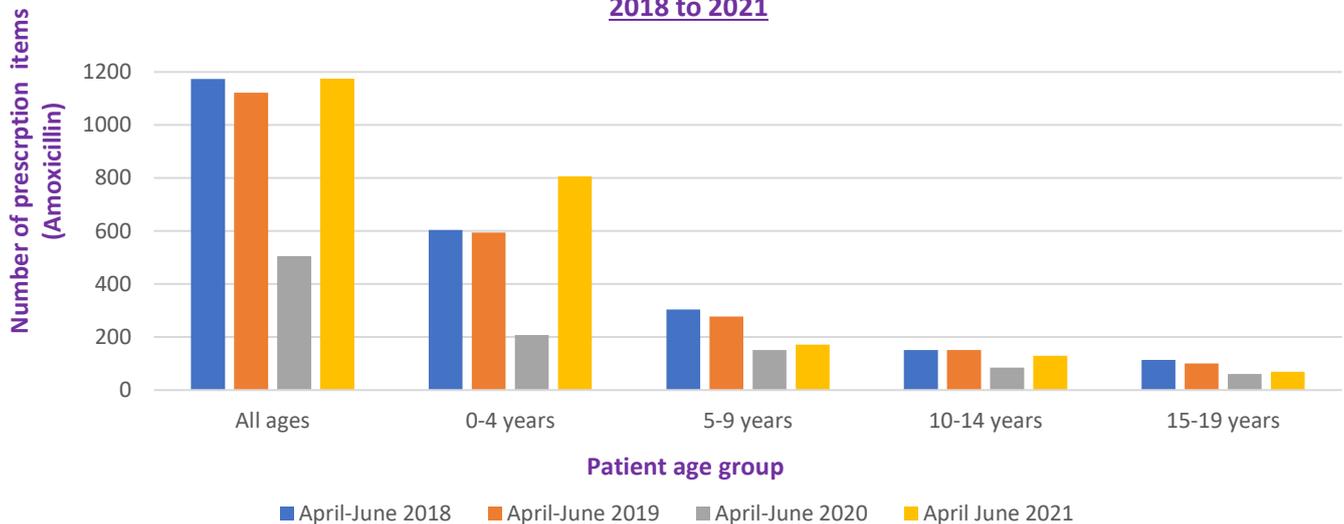




Antimicrobial Stewardship and Self – Care Newsletter

Welcome to this month’s AMS newsletter, focusing on the high prescribing of antibiotics, especially Amoxicillin, in children between 0-4 years across Southwark GP practices

Amoxicillin Prescribing Data across all surgeries in Southwark: Quarter 1: April - June 2018 to 2021



- Latest Southwark ePACT data from Quarter 1 (April to June 2021) indicates our prescribing of **amoxicillin in children under 5 is at a four year high.**
- We acknowledge this coincides with the reopening of schools and relaxation of Covid-19 restrictions.
- It is important to bear in mind that Quarter 1 typically sees lower antibiotic prescribing rates
- We want to make practices aware of the issue and as a reminder to continue to prescribe antibiotics appropriately.
- Here is some useful information about what you can do to improve antibiotic prescribing in your surgery.

Self-Care and Reassurance

- **REASSURE PARENTS** that minor illness and viral infection is normal and should be self-limiting and short lived. Exposure can help the immune system develop in otherwise healthy individuals
- Antibiotics for VIRAL infections will not help and may cause side-effects and future resistance
- **SIGNPOST** parents to [selfcare](#) via community pharmacies and [reputable online advice](#).
- **Non-pharmacological measures:** Steam inhalation to help clear thick mucus. Rest, fluids and keeping warm, to help the body fight infection and recover naturally.
- Pharmacological advice includes: Simple analgesics and antipyretics such as paracetamol and ibuprofen. Direct to COMMUNITY PHARMACY- for advice on over-the-counter medicines.
- Consider a **DELAYED** antibiotic prescription or follow-up appointment if self-care measures do not work.

Flu vaccination in children

- During 2021/22, all children aged between 2 and 15 years old on 31 August 2021 are eligible for the flu vaccine.
- Children from the age of 6 months and above who are in clinically at-risk groups are also eligible.
- Uptake of vaccination will reduce the risk of transmission in the community and prevent secondary bacterial infections such as pneumonia and chest infections. This will reduce antibiotic prescribing and antibiotic resistance
- **Surgeries are encouraged to identify eligible children not at school and invite them for vaccination.**

Covid-19 testing

- Any child presenting with Covid-19 [symptoms](#) should be tested for covid wherever possible. The gold standard is a [PCR test](#).
- This can aid correct diagnosis, prevent inappropriate antibiotic prescribing and reduce community transmission

Children under 5 at intermediate or high risk of serious illness

- **A fever** of 38.0°C or above for more than 5 days or age <3months and fever ≥38°C
- **Unusual behaviour:** not responding normally or not easily rousable. Appears ill to a healthcare professional
- **Respiratory Rate:** Under 1 year ≥50, Over 1 year ≥40, grunting, moderate/severe chest indrawing
- **Appearance:** Pale, non-blanching rash, mottled, ashen, grey, reduced skin turgor, dry mucus membranes
- Acute/ sudden onset pain
- Neurological signs or signs of Increased Cranial Pressure

Further training and links

Modules for developing remote consultation skills which cover presentation of infection include;

[FEVER/PAIN score for pharyngitis](#)

[RCGP Common infections in extraordinary times \(remote management\)](#)