

Careful Antibiotic Usage – Adult Treatment Guidelines

MVP Health Care®, as part of its continuing Quality Improvement Program, has endorsed anti-infective guidelines to address the growing problem of antibiotic resistance. The recommendations here focus on preventing antibiotic resistance in adults and are from the Centers for Disease Control (CDC).

Scope of the Problem

- Antimicrobial resistance is a growing problem throughout the world. It poses the potential to make previously treatable conditions untreatable and risk the compromise of many achievements of modern medicine.
- The costs of treating an antimicrobial resistant infection place a burden on society. Individuals infected with antimicrobial resistant infections are more likely to require longer lengths of stay in the hospital, necessitate additional follow-up visits, and have a poorer prognosis. As infections become resistant to first-line medications, more complex and costly therapies need to be utilized.
- Inappropriate use of antimicrobials contributes to the problem of drug resistance. In particular, antibiotics are too often prescribed for upper respiratory infections when many symptoms are associated with infections viral in origin and are typically self-limiting.

Guideline Availability

The CDC *Core Elements of Outpatient Antibiotic Stewardship* are available at the following site: [Core Elements of Antibiotic Stewardship | Antibiotic Use | CDC](#)

The CDC provides educational resources, including continuing education and training opportunities, for health care professionals available at the following site: [Training and Resources for Healthcare Professionals | CDC](#).

The New York State Department of Health (NYSDOH) provides *Adult and Pediatric Antibiotics Guidelines* along with additional information and resources for health care professionals and patients about appropriate antibiotic use, available at the following site: [Antibiotic Resistance | NYSDOH](#)

Print materials for healthcare professionals are available at the following web address: <https://www.cdc.gov/antibiotic-use/print-materials.html> Click on Materials and References, then Print Materials.

For patients, information on common illnesses (e. g., bronchitis, common cold, ear infection, influenza, sinus infection, sore throat and urinary infection) in adults is available at the following web address: <https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/index.html> Click on For Patients, then Common Illnesses.

[NYSDOH Antiviral Prescription Pad](#) - a tool developed for health care professionals to hand the patient if an antibiotic is not warranted. These are available in multiple languages and can be ordered in hardcopy in a tear-off pad format.

To support providers in efforts to reduce inappropriate use of antibiotics, MVP makes tools available free of at [Quality Programs and Initiatives | MVP Health Care](#). In addition to the guidelines and Physician Information Sheets noted above, the following useful tools can be found at the Careful Antibiotic Usage link within the PQIM:

- *Exam Room Posters* - these CDC posters are intended to inform patients that taking antibiotics may not always be the answer and should only be taken when needed.
- *Brochures for patients* - several CDC brochures are available to educate patients and parents of young children about the appropriate use of antibiotics.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care reviews its clinical guidelines annually. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **800-777-4793**.