



Antibiotics  
Antivirals  
Antifungals  
Antiparasitics

World Antimicrobial Resistance (AMR) Awareness week, the global campaign to raise awareness and understanding of AMR is from 18<sup>th</sup> to 24<sup>th</sup> November 2024. The theme this year is “Educate, Advocate, Act Now”. We are using this theme to help inform our ICB AMR strategy.

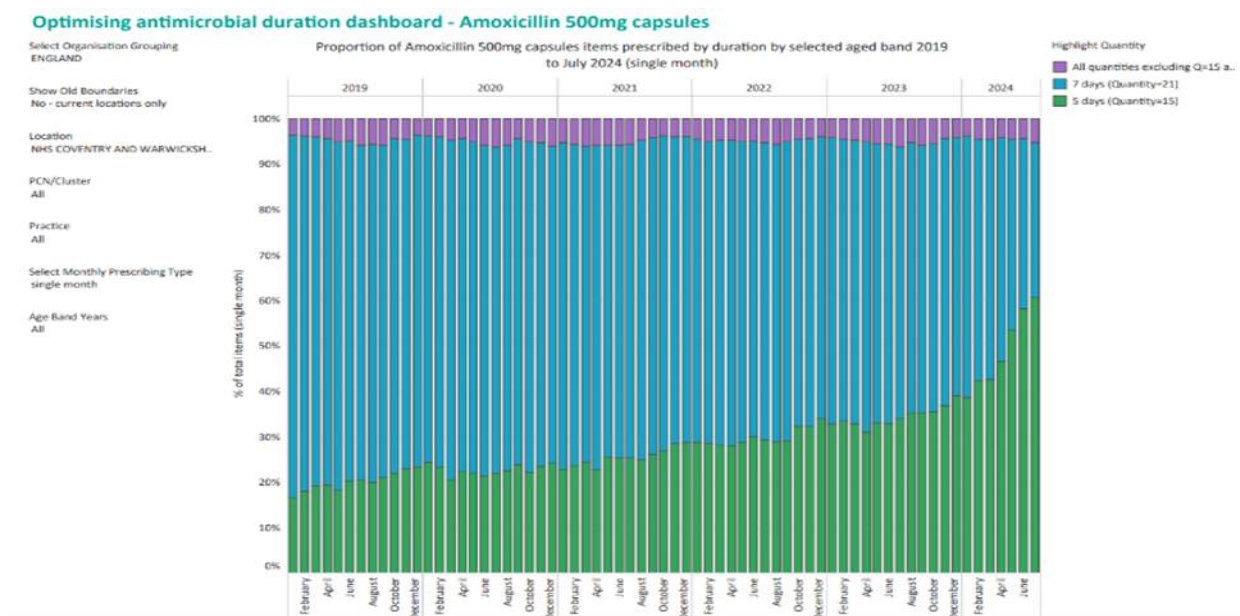
**Educate** stakeholders on AMR ➡ **Please contact your Medicines Optimisation Pharmacist/Technician for a link to the webinar for Reducing Antimicrobial course length.**

In addition, this evidence bundle also supports the use of shorter antimicrobial course lengths

[Shortest effective course lengths evidence bundle \(Version 1 Aug-23\) - Antimicrobial Resistance Programme - FutureNHS Collaboration Platform](#)

**Advocate** for Bold commitments ➡ Many practices in the ICB are reducing their course lengths of amoxicillin as a result of the quality part of the Incentive Scheme; helping prescribers to focus on a shorter course length for treatment of uncomplicated lower respiratory infections.

Even if you haven't chosen amoxicillin as your quality option for the Incentive scheme you can reduce course lengths as, in many cases, 5 days is sufficient. The green bar in the graph below shows the improvement in 5-day prescribing of amoxicillin, particularly since the start of the scheme in April 2024.



We are making excellent progress regionally too, transforming from being one of the worst performing regions for 5-day amoxicillin prescribing to now being 5<sup>th</sup>!

Contact The Medicines Optimisation Team:



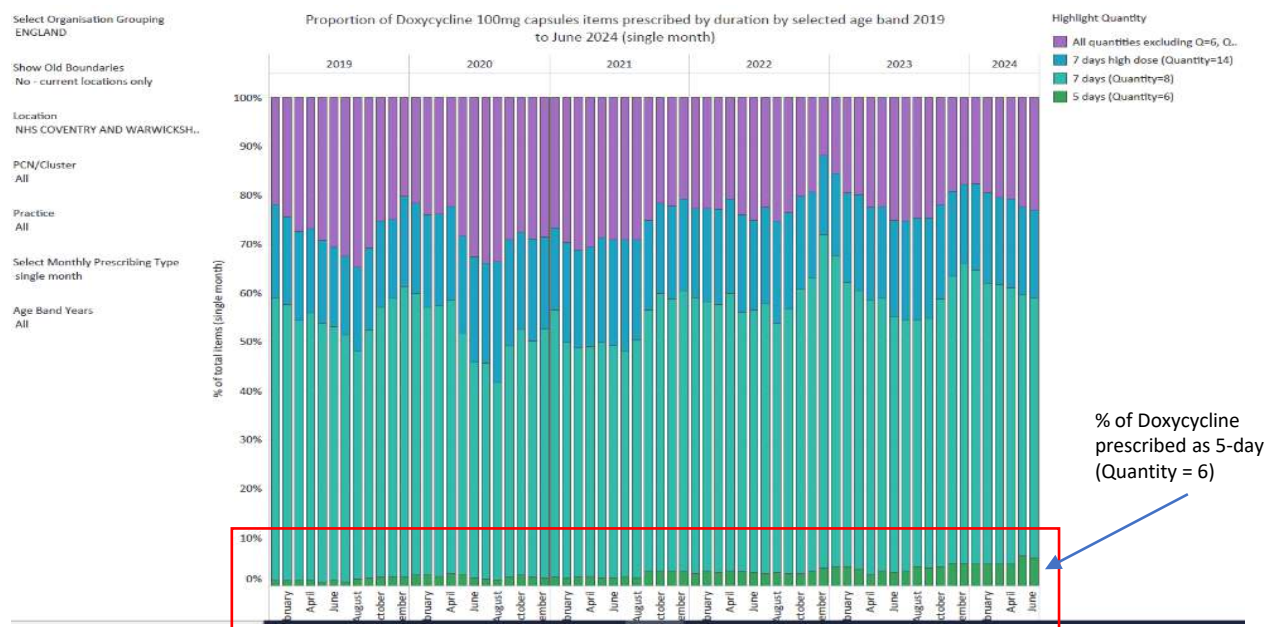
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[www.happyhealthylives.uk/integrated-care-board](http://www.happyhealthylives.uk/integrated-care-board)

**Act Now:** ➡ As an ICB we are not doing so well in our doxycycline use, with less than 10% being prescribed as a 5-day course.

Our guidelines are being re-written currently as we need to reflect the message of shorter courses into our doxycycline treatment guidelines. We can also take advantage of the new 6 capsule packs of doxycycline that are now available so that a 5-day course can easily be given.



## Self-Care Treatments Advice

A recent randomised controlled trial<sup>1</sup> demonstrated some evidence that nasal sprays could be used over-the-counter, as part of self-care treatment and could shorten the duration of respiratory infections.

The products that were used in the study were Vicks First Defence Spray\* (containing a gel-based polymer spray), Sterinase spray\* (a sterile nasal spray) as well as a behavioural intervention promoting physical activity and stress management. All the interventions shortened the course of the respiratory illness in adult patients with at least one co-morbidity or risk factor and reduced antibiotic use.

This strategy of self-care, if promoted early in the cold and flu season, could be used instead of prescribing antibiotics for appropriate patients.

\*NB// Other nasal products are available to buy over-the-counter

1. Little P., et al. Nasal sprays and behavioural interventions compared with usual care for acute respiratory illness in primary care: a randomised, controlled, open-label, parallel-group trial. *The Lancet Respiratory Medicine* 2024 Aug;12(8):619-632. Available at: [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(24\)00140-1/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(24)00140-1/fulltext)



## Self-Care Week 2024

National Self-Care week 2024 is taking place from 18<sup>th</sup> – 24<sup>th</sup> November. This year's theme is "Mind and Body".

Resources including posters and fact sheets can be found [here](#)

Contact The Medicines Optimisation Team:



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