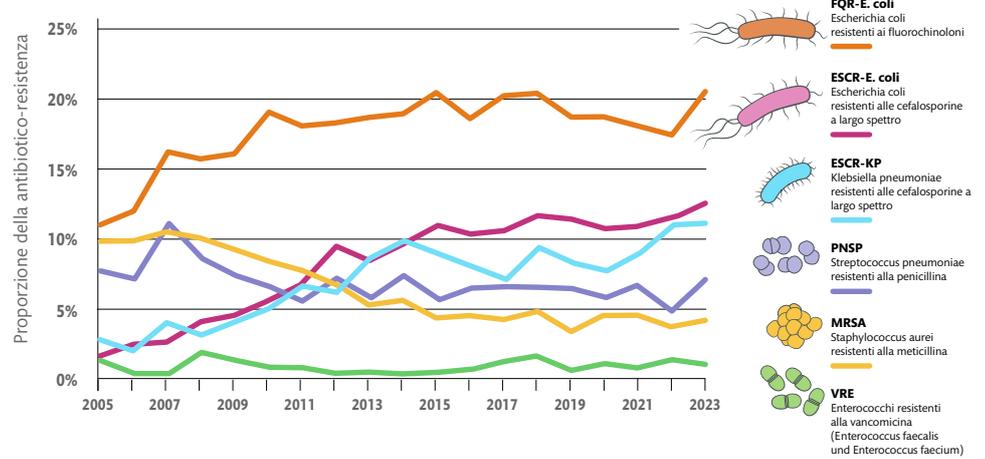


Prescription of antibiotics in Switzerland

Information sheet for GPs

How are antibiotic-resistant bacteria developing in Switzerland?

The proportion of antibiotic-resistant bacteria for certain dangerous pathogens, such as *QR E. coli* and *ESCR E. coli*, has been increasing in Switzerland over the last 20 years. The main reason is the frequent, and often inappropriate, use of antibiotics worldwide. The efficacy of treatments is reduced as a result – creating a growing public health problem.

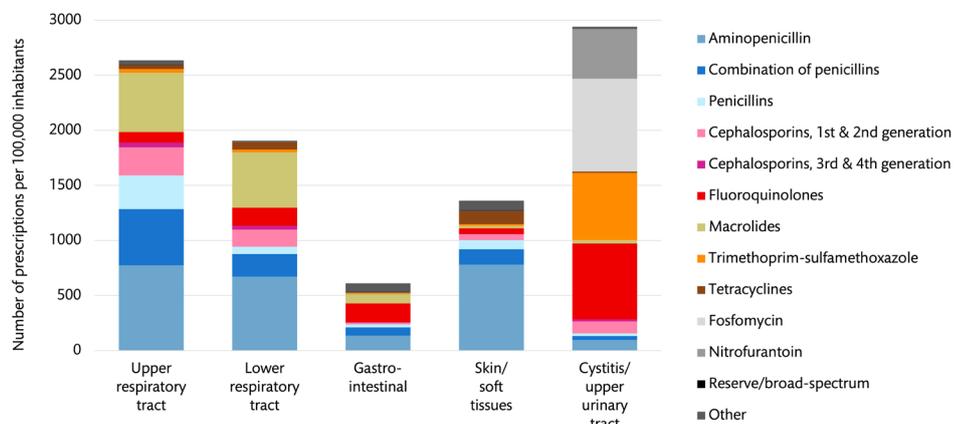


Source : anresis.ch ; Illustration: Communication in Science, for FOPH.

How are antibiotics currently prescribed in Switzerland?

In human medicine today, around 85 per cent of antibiotics are prescribed in the outpatient setting. The prescribing practice shows that there is still a need for improvement. For example, even though they may not be indicated by the clinical evidence:

- Fluoroquinolones are prescribed in more than 20 per cent of all urinary tract infections.
- Antibiotics are still prescribed too frequently in acute bronchitis (44 per cent of prescriptions for lower respiratory tract infections).



Source: anresis.ch / FOPH Sentinella reporting system 2021

What objective are we pursuing with our Strategy on Antibiotic Resistance?

The aim of Switzerland's Strategy on Antibiotic Resistance (StAR) is to promote appropriate prescribing in Switzerland in order to ensure that antibiotics continue to remain effective in both people and animals. The participating federal offices, professional associations and many other stakeholders are all working together with this aim in mind.

What resources are available to help GPs with their prescribing?



Prescribing guidelines

The Swiss Society for Infectious Diseases (SSI) regularly develops and publishes guidelines that enable doctors to optimise their use of antibiotics in line with the latest scientific findings. These can be consulted via the following link: ssi.guidelines.ch. Users can add their own suggestions or ask questions using a comment function and thereby further improve the guidelines.



Latest resistance data and guidelines in ANRESIS Guide

The latest resistance data are clearly and intuitively presented in the ANRESIS Guide application produced by the Swiss Centre for Antibiotic Resistance ANRESIS. Thus, it supports antibiotic use that is matched to the local resistance situation and linked to the SSI prescribing guidelines. The ANRESIS Guide is available at guide.anresis.ch. General information and the latest trends can also be found at anresis.ch.



Antibiotic resistance fact sheet for patients

This fact sheet, produced by the FMH (Swiss Medical Association), pharmaSuisse and the FOPH, contains simple, understandable information and recommendations on taking antibiotics and explains the reasons why an antibiotic may not be necessary for certain infections. It also includes general information about antibiotics and antibiotic resistance. The fact sheet is available in 13 languages and can be used in connection with a consultation. The fact sheet and companion products (explanatory video, posters, post-it notes) can be ordered free of charge from correct-use-of-antibiotics.ch.

Sore throat

For children over 1 year old and adults

What causes a sore throat?

It can be caused by a viral, or rarely, by a bacterial infection in school children: 15-30% and in adults 5-15% group A streptococci.

How long does a sore throat last?

Improvement of sore throat in 2-3 days, regardless of whether the infection is bacterial or viral.

100 affected persons who don't take antibiotics

34

With antibiotics,

17 more people

out of 100 will be

pain free

after

3 days

100 affected persons who do take antibiotics

51

Decision-making aids on antibiotic prescribing in practice and quality circles

BIHAM, the Institute of Primary Health Care, has produced three evidence-based medical information tools and decision-making aids designed to help GPs and their patients jointly decide on antibiotic prescribing. Simple, understandable graphics show the advantages and disadvantages of treatment with and without antibiotics for tonsillopharyngitis, otitis media in children and uncomplicated urinary tract infections in women. These resources are ideally suited for use as thought-provoking training aids in quality circles. They can be downloaded from biham.unibe.ch/entscheidhilfen.



Version: October 2023
www.bag.admin.ch/antibiotic-resistance-resources