

AN EDUCATIONAL INTERVENTION TO IMPROVE ANTIBIOTIC USE IN THE CENTER REGION OF PORTUGAL

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Background

Microbial resistances are one of the most important problems of public health, and it has been associated to the misuse of antibiotics. Inadequate antibiotic prescription and self-medication (with antibiotic leftovers or by acquiring antibiotics directly in the pharmacy without a prescription), are behaviours directly related with this misuse, revealing the necessity of interventions directed to health professionals. Accordingly this, our aim is to improve the consumption of antibiotics through an educational intervention directed to community pharmacists and primary care physicians.

Material and methods

A cluster randomized trial in the region centre of Portugal. Of the eight cluster, four cluster received an educational intervention and the other four cluster didn't received any intervention and were included in the control group. Educational intervention consisted of group sessions with physicians and group sessions with pharmacists. In the sessions groups it was presented information about the problem of microbial resistances and each sessions was focused in the identified attitudes that influence the behaviour physician during antibiotic prescription or the behaviour of pharmacist during the dispensation of antibiotics in pharmacies. At the end of each session, were distributed flyers and poster about the importance of the adequate use of antibiotics to be divulgated to the patients. The data of antibiotics consumption was compared between the intervention group and the control group.

Results

The intervention was well received for the pharmacists and for the physicians, included in the study. Comparing the consumption of antibiotics between the two groups, it was observed a decrease in the total consumption of antibiotics in the intervention group during 12 month of follow-up after the intervention was made.

Conclusions

It was possible decrease the consumption of antibiotics through an educational intervention directed to community pharmacists and primary care physicians,