

Endorsing Organizations

American College of Physicians – California
Association of California Nurse Leaders
California Academy of Family Physicians
California Academy of Physician Assistants
California Academy of Preventive Medicine
California Pharmacists Association

Supporting Organizations

Aetna Health of California
Blue Cross of California
Blue Shield of California
CalOptima Health Plan
CIGNA of California
Council for Affordable Quality Healthcare
Health Net of California
Kaiser Permanente
LA Care Health Plan
PacifiCare

There are times when patients pressure their healthcare providers for antibiotics simply for peace of mind, and not because the medicine is medically indicated. Here are some ways to communicate a sense of security to patients without contributing to Antibiotic Resistance:

- **Have a Contingency Plan.** Tell the patient that for this illness, an antibiotic isn't going to help. But assure them that if symptoms do not subside in 2 or 3 days, a prescription might be needed and arranged for at that point.
- **Speak directly with patients when you are sensing pressure to prescribe an antibiotic.** For example, you might say, "Were you thinking that an antibiotic might help you get better faster?" If they answer yes, you can explain why antibiotics probably wouldn't work.
- **Discuss with patients things they can do to treat their symptoms before offering a prescription.** Many parents are merely seeking advice on how to make themselves feel better and are not necessarily looking for an antibiotic.
- **Consider getting a supply of Prescription Pads** that do not suggest antibiotic use but leave the patient with a plan of action to treat symptoms and reassurance from a good healthcare provider.

This compendium was designed to summarize appropriate antibiotic treatment of common adult outpatient infections. It is based on guidelines and recommendations from leading medical experts and professional organizations in the US.

Acute Pharyngitis:

1. Centor, R.M., Witherspoon, J.M., Dalton, H.P., Brody, C.E., Link, K., "The Diagnosis of Strep Throat in Adults in the Emergency Room." MED DECIS MAKING, 1981; 1: 239-246.

2. Cooper, R., Hoffman, J.R., Bartlett, J.G., Besser, R.E., Gonzales, R., Hickner, J.H., Sande, M.A., "Principles of Appropriate Antibiotic Use for Acute Pharyngitis in Adults: Background." ANNALS OF INTERNAL MEDICINE, March 2001; Vol. 134, No. 6: 509-517.

Acute Sinusitis:

1. Snow, V., Mottur-Pilson, C., Hickner, J.M., "Clinical Practice Guideline Part 1: Principles of Appropriate Antibiotic Use for Acute Sinusitis in Adults: Background." ANNALS OF INTERNAL MEDICINE, March 2001; Vol. 134, No. 6.: 498-505.

Acute Uncomplicated Bronchitis:

1. Gonzales, R., et. al., "Principles of Appropriate Antibiotic Use for Treatment of Acute Respiratory Tract Infections in Adults." ANNALS OF EMERGENCY MEDICINE, June 2001; 37:690-697. (Reprinted from ANNALS OF INTERNAL MEDICINE, Mar 2001).

2. Gonzales, R., et. al., "Principles of Appropriate Antibiotic Use for Treatment of Uncomplicated Acute Bronchitis: Background." ANNALS OF INTERNAL MEDICINE, 2001; Vol. 134.: 521-529.

3. Gonzales, R., Steiner, J.F., Maselli, J., Lum, A., Barrett Jr., P.H., "Impact of Reducing Antibiotic Prescribing for Acute Bronchitis on Patient Satisfaction." EFFECTIVE CLIN PRACT, 2001; 4: 105-11.

4. Hooton, T., "Antimicrobial Resistance: A Plan of Action for Community Practice." AMERICAN FAMILY PHYSICIAN, March 2001; Vol. 63: No. 6.

Nonspecific Upper Respiratory Infections:

1. CDC: Gonzales, R., et. al., "Principles of Appropriate Antibiotic Use for Treatment of Acute Respiratory Tract Infections in Adults: Background, Specific Aims, and Methods." ANNALS OF INTERNAL MEDICINE, March 2001; Vol. 134: 479-486.

2. CDC: Gonzales, R., et. al., "Principles of Appropriate Antibiotic Use for Treatment of Nonspecific Upper Respiratory Tract Infections in Adults." ANNALS OF INTERNAL MEDICINE, March 2001; Vol. 134: 490-494.

3. Gonzales, R., et. al., "Antibiotic Prescribing for Adults with Colds, Upper Respiratory Tract Infections, and Bronchitis by Ambulatory Care Physicians." JAMA, The Journal of the American Medical Association, September 17, 1997; Vol. 278, No. 11: p. 901 (4).

For more information visit our website at:

www.aware.md



Acute Respiratory Tract Infection Guideline Summary

AWARE is a project of the California Medical Association Foundation, in collaboration with a number of clinical, public health and consumer organizations designed to increase appropriate antibiotic prescribing and lower antibiotic resistance in California.

Developed as part of the Alliance Working for Antibiotic Resistance Education (AWARE) Project.

CMA Foundation
1201 J Street, Suite 350
Sacramento, CA 95814
916.551.2543 voice
916.551.2544 fax
www.aware.md



