

WORLD ANTIBIOTIC AWARENESS WEEK 2024

18th - 24th November



Key Reminders for Primary Care from 2024 West Yorkshire ICB

Using Alternatives to Antibiotics

Methenamine for UTI Prophylaxis

- Methenamine Hippurate has been shown to be as effective as antibiotic prophylaxis in preventing recurrent urinary tract infections
- Consider methenamine hippurate before antibiotics for an adult woman
- The [West Yorkshire Methenamine Prescribing Guidance](#) highlights key prescribing considerations

UTI Prevention with Vaginal oestrogens

For postmenopausal women experiencing recurrent UTIs, vaginal oestrogen therapy is a safe and effective option to restore healthy vaginal flora and improve tissue resilience. By addressing oestrogen deficiency, it can:

- potentially help reduce the incidence of recurrent UTI recurrence
- enhance patients' quality of life.

Consider prescribing vaginal oestrogens as a preventive measure to help break the cycle of recurrent infections.

Otigo® Ear Drops for Otitis Media

Consider Otigo® ear drops (phenazone + lidocaine) for children and young people under 18 ensure prescribing is aligned to [NICE guidance for otitis media](#)

- **Do not** offer both Otigo® ear drops and an antibiotic
- Offer regular doses of paracetamol or ibuprofen
- Back-up antibiotic prescription can be considered

Think 5 Days for Many Common Infections Seen in Primary Care

Using the shortest effective recommended course may reduce antimicrobial resistance, C. difficile risk, side effects, non-adherence and financial and environmental costs associated with longer prescriptions and antimicrobial resistance.

NICE recommends 5-day courses in the following 5 guidelines:

- **Acute sinusitis** ([Guideline Link](#))
- **Acute exacerbation of COPD** ([Guideline Link](#))
- **Acute cough** (with risk of complications or systemically unwell) ([Guideline Link](#))
- **Community acquired pneumonia** ([Guideline Link](#)) (See guideline for information on when longer courses may be required)
- **Sore throat** (according to FeverPAIN/CENTOR score) for symptomatic cure* ([Guideline Link](#)) - see guideline for information on phenoxymethylpenicillin course lengths beyond 5 days for microbiological cure*