

Facilitated Discussion Guide

ANTIMICROBIAL STEWARDSHIP

Use the talking points below to engage your colleagues and others within your jurisdiction in a short, focused, and educational discussion. Facilitator notes included throughout this resource will provide tips for facilitating your discussion.

1. Share the objectives

Facilitator notes: Explain that today's infection prevention and control (IPC) educational session will be covering antimicrobial stewardship. Share the objectives with the group so they know what information will be covered and what they can hope to gain from the session.

- **Introduce** the concept of antimicrobial resistance and stewardship.
- **Understand** key terms.
- **Discuss** ways local and Tribal health departments (LTHDs) can get involved with antimicrobial stewardship efforts.

2. Introduce the topics

Facilitator notes: Share the key points below about antimicrobial stewardship to introduce the topic. When sharing, it may be helpful to connect these points to relevant experiences or happenings going on within your jurisdiction.

- There are many different types of organisms that can cause infections, including bacteria, fungi, parasites, and viruses.
 - Antibiotics are drugs used to treat infections caused by bacteria.
 - Antifungals are drugs used to treat infections caused by fungi.
- "Antimicrobial" is a general term for drugs that are used to treat many types of infections by killing or slowing the growth of the pathogen causing the infection.
- Germs are constantly finding new ways to defeat the antimicrobials designed to kill them. When this happens, it is called antimicrobial resistance.
<https://www.cdc.gov/drugresistance/about/how-resistance-happens.html>
Facilitator notes: The linked webpage may be helpful to walk through with the group. It contains information on how resistance happens, as well as helpful factsheets.
- When bacteria and fungi become resistant, antimicrobials no longer work, and they multiply. Resistant germs can also pass their resistance on to other germs that have not been exposed to antibiotics or antifungals.
- Overprescribing and misuse of antimicrobial drugs contribute to resistance.
- It is important that LTHDs, health care providers, community members, and state and federal partners work together to improve the way we prescribe and use antimicrobial drugs. These actions are referred to as "antimicrobial stewardship."
<https://www.cdc.gov/antibiotic-use/core-elements/index.html>

3. Expand on the topics

Facilitator notes: Now that you've introduced the topic, share more detailed information with the group using the key points below. It may be helpful to bring up the resources that are linked and walk through them together. You can use these resources to further deepen the conversation and add more points of discussion.

- Antimicrobial-resistant germs can quickly spread across various settings, including communities, the food supply, health care facilities, and the environment, making them hard to control. According to the CDC (Centers for Disease Control and Prevention), more than 2.8 million antimicrobial-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

<https://www.cdc.gov/drugresistance/>

- Antimicrobial resistance does not mean the body becomes resistant to antibiotics. It means the germs can evade the drugs designed to kill them. Antimicrobial-resistant infections can be difficult, and sometimes impossible, to treat.
- To slow the occurrence of antimicrobial resistance, it's important to take antibiotics only when needed and as prescribed by a health care provider. Antibiotics are not always needed, such as when an illness is caused by a virus like the cold or flu.

<https://www.cdc.gov/antibiotic-use/images/VirusOrBacteria-Original-1200by675.jpg>

Facilitator notes: The linked infographic can be used to complete an activity with the group. Quiz participants on whether common respiratory infections require antibiotics.

- CDC has created antimicrobial stewardship frameworks for different types of facilities to use. There are specific Core Elements of Antibiotic Stewardship for:
 - Hospitals
<https://www.cdc.gov/antibiotic-use/core-elements/hospital.html>
 - Outpatient care settings
<https://www.cdc.gov/antibiotic-use/core-elements/outpatient.html>
 - Nursing homes
<https://www.cdc.gov/antibiotic-use/core-elements/nursing-homes.html>

4. Discuss with your colleagues

Facilitator notes: Now that you've introduced and reviewed the topic in more detail, this is a great time to pause, answer questions, and discuss as a group. It's encouraged that you use this discussion to brainstorm ways your LTHD can help improve practices within your jurisdiction and health care facilities. Below are some example questions you may discuss; you may also wish to discuss topics specific to your jurisdiction.

- What activities are we already doing that promote antimicrobial stewardship?
- What more can we do to promote antimicrobial stewardship practices with our community members? What about health care partners?
- What barriers currently exist that prevent us from implementing these activities? What is needed to overcome these barriers?

5. Wrap up and reinforce

Facilitator notes: Following the discussion, you may wish to reiterate the ideas and next steps that the group suggested. Invite the group to ask any remaining questions about the topic. Share the key takeaways below to wrap up the session.

- Antimicrobial resistance is an urgent public health threat.
- Antimicrobials should only be used when needed, as prescribed by a health care provider.
- LTHDs are in a unique position to engage and educate community members and health care partners in their jurisdictions on the importance of antimicrobial stewardship.

<https://www.cdc.gov/antibiotic-use/health-department.html>

Facilitator notes: Below are a few additional notes and resources from CDC for LTHDs. You may choose to use this framework when addressing healthcare-associated infections (HAIs) in your jurisdiction.

What can LTHDs do?

LTHDs are important partners in addressing antimicrobial resistance. The CDC has outlined goals, objectives, and activities for LTHDs that can serve as a guide when addressing antimicrobial resistance in their jurisdictions. Prevention and response strategies will depend on local capacity and should be driven by the local assessments.

<https://www.cdc.gov/hai/hai-ar-programs/resources/local-strategy/index.html>

Additional activities that LTHDs can do include:

- Educating community members on proper antimicrobial use. Activities could include:
 - Informational campaigns
<https://www.cdc.gov/antibiotic-use/week/toolkit.html>
 - Drug take-back days
<https://www.dhs.wisconsin.gov/opioids/drug-take-back-day.htm>
 - Social media messaging
<https://www.cdc.gov/antibiotic-use/graphics.html>
 - And other forms of education
<https://www.cdc.gov/antibiotic-use/materials-references/index.html>
- Collaborating with area health care partners to promote and strengthen antimicrobial stewardship. Activities could include:
 - Participating in local coalition or workgroup meetings.
 - Identifying health care providers or facilities where support in improving antibiotic use is needed.
 - Collaborating and providing technical assistance to track and prevent healthcare-associated, foodborne, or community infections caused by antimicrobial-resistant germs.

