PADONA'S 29th ANNUAL CONVENTION

How to Prioritize and Implement Antibiotic Stewardship Strategies

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PENNSYLVANIA PATIENT SAFETY ADVISORY





Objectives

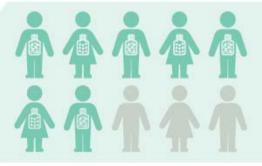
- Recall the factors influencing the antibiotic prescribing decision making process
- Select interventions that target phases of the antibiotic prescribing process
- Identify methods to overcome stewardship barriers at provider, clinician, family and resident levels



Antibiotic Use in Long Term Care

4.1 MILLION

Americans are admitted to or reside in nursing homes during a year¹



UP TO **70%**

of nursing home residents received antibiotics during a year^{2,3}



UP TO 75%

of antibiotics are prescribed incorrectly*23

(Source: CDC newsroom)

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Antimicrobial Misuse

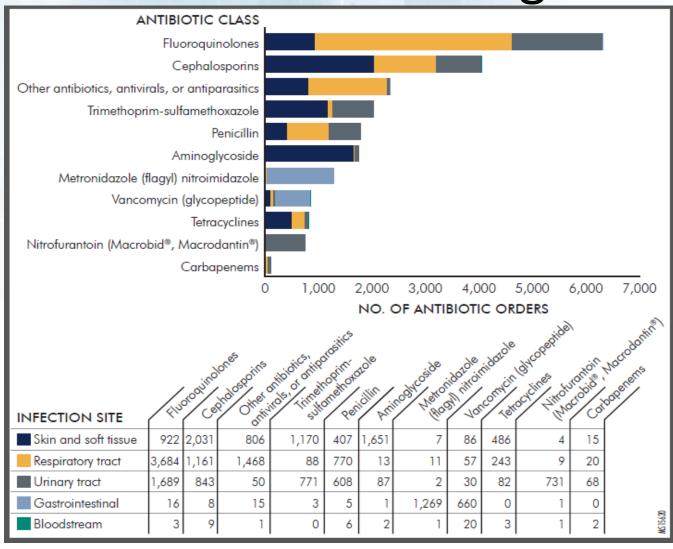
- Unnecessary
- No longer necessary
- Wrong dose
- Wrong antibiotic
- Broad spectrum agents used on very susceptible bacteria



(CDC Get Smart for Healthcare)



Antibiotic Usage



(Adkins)

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Adverse Drug Effects from Antibiotics

- 1:1000 risk that taking an antibiotic will result in an Emergency Department (ED) visit
- 1:5 annual ED visits due to antibiotic reactions
 - 4:5 ED visits for allergic reactions
 - 5%-25% of patients will develop antibiotic-associated diarrhea

Common

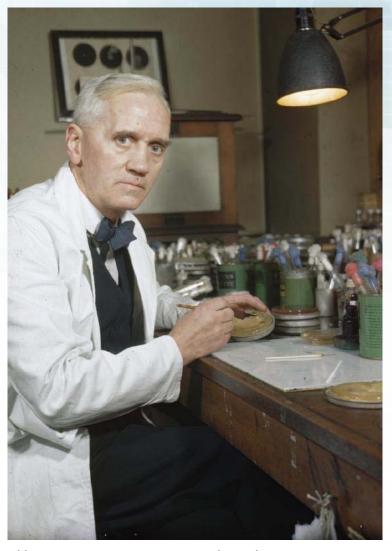
 Rash, nausea, vomiting, diarrhea, stomach pain, fungal infections, drug fever

Serious

Anaphylaxis, C.difficile, central nervous system and kidney toxicity, abnormal liver function

(CDC medication safety)

Antibiotic Misuse Warning



"The thoughtless person playing with penicillin treatment is morally responsible for the death of the man who succumbs to infection with the penicillinresistant organism."

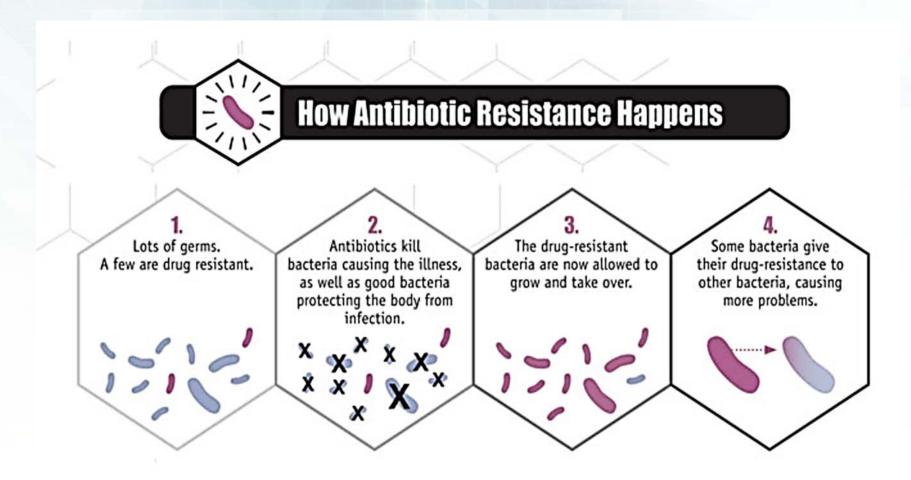
https://commons.wikimedia.org/wiki/File:Synthetic_Production_of_Penicillin_TR1468.jpg#filehistory
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Multi-drug Resistant Organisms

- Risk increased by inappropriate antibiotic usage
- Difficult to treat
- Incur greater morbidity, mortality, cost
- Pennsylvania April 2014-April 2015
 - 2% of all healthcare associated infections (HAI) in LTCF are multi-drug resistant organisms (MDRO)
 - 20% of all MDRO are bloodstream infections
 - 54% of gastrointestinal infections are Clostridium difficile (C.difficile)

Antibiotic Resistance

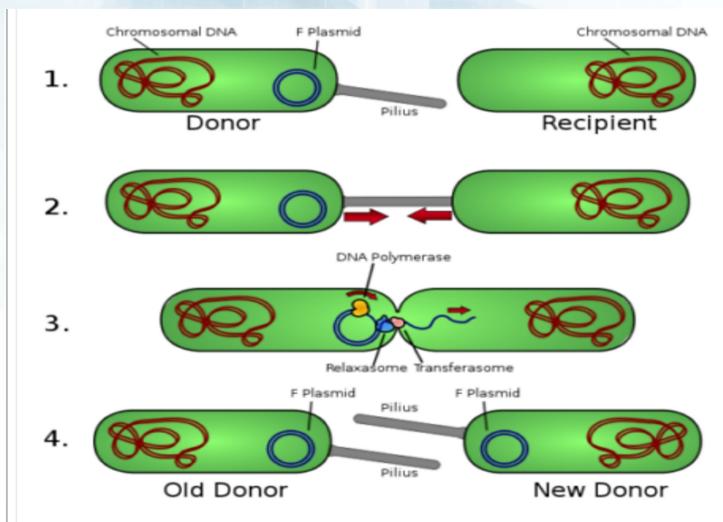


(Source: CDC- Get Smart Know When Antibiotics Work)

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Mechanisms of Resistance



Bacteria mating or conjugation plasmid transfer

(Source: Wikipedia labeled for reuse at: https://en.wikipedia.org/wiki/Lactobacillus brevis)



National Action Plan for Combating Antibiotic-Resistant Bacteria

- Slow emergence and prevent the spread of resistant organisms
- Strengthen national health surveillance efforts to combat resistance



- Advance development and use of rapid and innovative diagnostic tests
- Accelerate research and development for new antibiotics, other therapeutics, and vaccines
- Improve international collaboration and capacities for prevention, surveillance, control, research and development

(White House: National Action Plan)

What is Antimicrobial Stewardship?

- Uses coordinated interventions
- Improves and measures the appropriate use of antimicrobial agents
- Promotes the selection of the optimal drug regimen
 - Dosing
 - Duration of therapy
 - Route of administration



Rationale for Stewardship

OPTIMAL USE

- Increases infection cures
- Improves pathogen susceptibility profiles
- Reduces adverse effects of antibiotics
- Increases appropriate, cost effective prescribing for therapy and prophylaxis

SUBOPTIMAL USE

- Increases treatment failures
- Increases morbidity, mortality, hospitalization
- Increases adverse effects of antibiotics
- Higher costs for treatment



CMS Long-Term Care Final Rule



68688

Federal Register / Vol. 81

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Centers for Medicare & Medicaid Services

42 CFR Parts 405, 431, 447, 482, 483, 485, 488, and 489

[CMS-3260-F]

RIN 0938-AR61

Medicare and Medicaid Programs; Reform of Requirements for Long-Term Care Facilities

AGENCY: Centers for Medicare & Medicaid Services (CMS), HHS.

ACTION: Final rule.

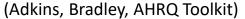
SUMMARY: This final rule will revise the requirements that Long-Term Care facilities must meet to participate in the Medicare and Medicaid programs.

- 42 CFR part § 483.80 Infection Control
- Infection Prevention & Control Program (IPCP) includes:
 - Antibiotic stewardship program
 - Antibiotic use protocols
 - System to monitor antibiotic use
 - Effective as of November 28,2017

Getting Started Strategies

- Identify champions and a team
- Use a checklist to identify targets for improvement
- Outline a plan
- Track prescribing practices
- Develop and implement an antibiogram
- Educate clinicians to national infection criteria and treatment guidelines





Identify Champions and Team

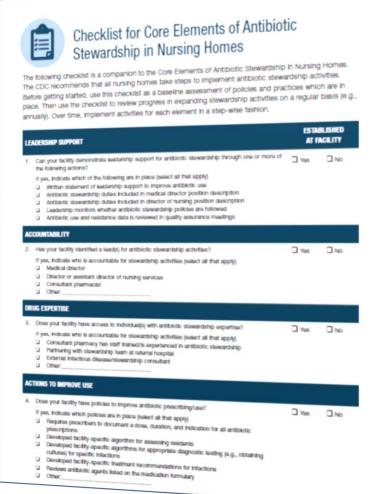
Select members

- Medical Director, Director of Nursing, Infection
 Preventionist
- Pharmacist, Lab, Information Technology support
- Clinical and prescriber champions
- Introduce members to antimicrobial stewardship standards
 - Core elements of stewardship
 - Antibiotic resistance



Checklists





(Source: CDC http://www.cdc.gov/longtermcare/prevention/antibiotic-stewardship.html

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Assessment of Current CDI Prevention Activities

Antibiotic Stewardship

December 28, 2016



	SECTION 1. KNOWLEDGE AND COMPETENCY			
		YES	ИО	N/A
Q1	Do direct care personnel*understand how to recognize changes in a resident that might			
	indicate a new infection or other concerning condition?			
Q2	Do direct care personnel understand how to communicate information to medical personnel* when			
	a resident has a change that might indicate a new infection or other concerning condition?			
Q3	Do nursing personnel* receive any periodic training or education about appropriate antibiotic use?			
Q4	Are medical personnel given any resources to help guide decisions about when to suspect a			
	resident has an infection or needs an antibiotic?			
Q5	Do residents and family receive education about appropriate antibiotic use?			
	SECTION 2. INFECTION PREVENTION POLICIES AND INFRASTRUCTURE		'	
		YES	ИО	N/A
Q1	Do direct care personnel document changes in a resident that might indicate a new infection or			
	other concerning condition?			
Q2	Do nursing personnel communicate information to medical personnel when a resident has a			
	change that might indicate a new infection or other concerning condition?			
Q3	Does your nursing home have a pharmacist or physician who provides guidance or expertise on			
04	antibiotic use?			
Q4	Does your nursing home use standardized order forms for antibiotic prescriptions including documentation of indication and anticipated duration of therapy?			
	SECTION 3. MONITORING PRACTICES	YES	NO	N/A
Q1	Does the pharmacy service provide a monthly report of antibiotic use (e.g., new orders, number	TES	NO	IN/A
Q 1	of days of antibiotic treatment) for the nursing home?			
Q2	Does your nursing home have a process to perform a follow-up assessment 3 days after a new			
	antibiotic start to determine whether the antibiotic is still indicated and appropriate?			
Q3	Does your nursing home provide feedback on antibiotic prescribing practices to medical			
	personnel?			
Q4	Does the laboratory provide your nursing home with a report of antibiotic resistance in bacteria			

(Source: CDC: https://www.nhqualitycampaign.org/files/AntibioticStewardship Assessment.pdf)

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Outline Goals and a Plan

- Short and long term goals
 - Strategies based on assessment

Plan

- Statement of leadership support
- Resources to provide education, download or develop materials
- Timeline, responsibilities, budget, meeting schedules, meeting agenda
- Sustainability strategies





Assess Optimal Prescribing Practices

Patient symptoms match clinical criteria.

Culture and sensitivity, quick

Patient asymptomatic or symptoms do not meet clinical criteria.

test, or chest x-ray obtained matches clinical criteria. Lab test not ordered, pending, or not available.

Best practices associated with optimal antibiotic use. Appropriate empiric antibiotic selected based on national guidelines/facility susceptibility pattern. Empiric antibiotic selection based on preference and experience. Facility susceptibility pattern not available.

48-hour time-out identifies culture/quick test organisms, and sensitivities assess quality of culture.

Antibiotic is not reviewed or lab tests are not available. Patient continues on inappropriate or unnecessary antibiotic.

Appropriate narrowestspectrum antibiotic ordered based on culture results, national guidelines, and facility susceptibility pattern. Antibiotic selection incorrect for site/syndrome and facility susceptibility patterns. Inappropriate broad-spectrum antibiotic used. Suboptimal practices may be associated with inappropriate antibiotic use, Clostridium difficile, multidrug-resistant organisms, and drug reactions.

MS1561

(Adkins)



Monitor Antibiotic Prescribing Processes Measures

- Clinical assessment
 - Signs/symptoms, vital signs, physical exam and lab findings
- Antibiotic prescribing documentation
 - Dose, duration, indication
- Facility-specific treatment recommendations
 - Broad spectrum versus narrow spectrum
 - Use of facility susceptibility patterns



Antibiotic Use Outcome Measures

Measure	Formula
Point prevalence surveys of antibiotic use	# of residents on antibiotics x 100 total residents in facility that day
Rates of new antibiotic starts	# of new antibiotic prescriptions X 1000 total number of resident days
Rate of antibiotic days of therapy	Total monthly days of therapy x 1000 Total resident days for the month
Antibiotic utilization Ratio	Total monthly days of therapy Total resident days

(CDC Core elements)



Line Listing Elements

Resident	Identifier	Room	Admit Date	Prescriber
Symptoms	Lab done	Lab Results	Meets	Antibiotic
Date	Date	Date	Criteria	
Empiric	48 -72 hour	Empiric	Report to	POA
Antibiotic	Time out	Antibiotic	PSRS	or HAI

(AHRQ Toolkit)

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Why Use An Antibiogram?

Utilizes microbiologic data from patient specimens

- Identifies facility and/or unit specific antibiotic resistance patterns
- Facilitates identification of changes in patterns

Helps prescribing clinicians:

- Select the most appropriate agents for initial empirical antimicrobial therapy
- Improve outcomes among patients with infections
- Identify opportunities to reduce inappropriate antibiotic use
- Determine success of such efforts

(AHRQ TOOLKIT)



Sample Antibiogram

		Aminoglycosides			B-Lactams			Cephalosporins				Quinolones Ot		Othe	hers	
Gram (-) Highlighted rows include less than 30 isolates; interpret these results with caution	# of residents	Amikacin	Gentamicin	Tobramycin	Ampicillin	Imipenem	Piperacillin- tazobactam	Cefazolin	Cefoxitin	Ceftriaxone	Ceftazidime	Ciprofloxacin	Nitrofurantoin		TMP/SMX	
Escherichia coli	37	100	100	100		100	100				100	75				
Klebsiella sp *	* 33		84.6	92.3	38.5		92.3	84.6	100	100	100	38.5	92		38.	
Proteus sp	31	71.4	57.1	71.4		85.7	85.7			57.1	57.1		28	.6	71.	.4
Pseudomonas aeruginosa†	† 23	100	83.3	92.3	91.7		100		81.8	100	100	30.8			69.	.2
		Penicillins Cephalos				Quinolones				Others						
			Penic	cillins		Ceph	alosporins	Quino	lones			Others				
Gram (+) Highlighted rows include less than 30 isolates; interpret these results with caution	# of residents	Penicillins	Penicillin Ampicillin	Oxacillin	Nafcillin	Cephalothin a	Seftriaxone call	Ciprofloxacin no	Moxifloxacin eau	Gentamicin	Linezolid	Rifampin	Tetracycline	TMP/SMX	Vancomycin	Nitrofurantoin
Highlighted rows include less than 30 isolates; interpret these results	the polynomial to the state of	O Penicillins			O Nafcillin		-				Cinezolid			TMP/SMX	0 Vancomycin	
Highlighted rows include less than 30 isolates; interpret these results with caution Staph aureus (all) † Methicillin Resistant (MRSA)			Ampicillin	Oxacillin			-	Ciprofloxacin	Moxifloxacin	Gentamicin		Rifampin	Tetracycline	100		<mark>100</mark>
Highlighted rows include less than 30 isolates; interpret these results with caution Staph aureus (all) † Methicillin Resistant	†17	0	O Ampicillin	O Oxacillin	0		-	O Ciprofloxacin	O Moxifloxacin	2.5 Gentamicin	100	00 Rifampin	O Tetracycline	100	100	<mark>100</mark>

(AHRQ Toolkit)

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Antibiogram Development and Implementation

- Engage team members
- Determine if the antibiogram will be unit or facilitybased
- Use resident and culture information
- Review the antibiogram to monitor resistance trends
 - Facility wide and/or unit specific
- Distribute the antibiogram to all prescribing clinicians
- Accompany distribution with education and instructions
- Monitor the use of the antibiogram



Isolate Klebsiella pneur	moniae				
Systemic Urine					
ANTIBIOTICS		MIC			
Ampicillin	>16	R			
Amoxicillin	>16	R			
Aztreonam	>16	R			
Ceftriaxone	>32	R			
Ceftazidime	>16	R			
Cefotaxime	32	I			
Cefazolin	>16	R			
Ciprofloxacin	>2	R			
Cefepime	>16	R			
Amikacin	32	I			
Cefuroxime	>16	R			
Tigecycline	1.5	S			
Ertapenem	>4	R			
Gentamicin	< 4	\mathbf{S}			
Imipenem	>32	R			
Levofloxacin	>4	R			
Meropenem	>8	R			
Piperacillin/tazo	>64	R			
Trimethoprim/Sulfa	>2/38	R			
Tetracycline	< 4	\mathbf{S}			
Tobramycin	>8	R			
Polymyxin B	64	R			

Sample Microbiology Report: Multi-Drug Resistant Klebsiella Culture and Sensitivity



Infection Criteria

- Infection Control and Hospital Epidemiology: Development of Minimum Criteria for the initiation of antibiotics in residents of LTCF
 - http://classes.kumc.edu/coa/Education/AMED900/InfectiousDis ease-GeneralizedAssess.pdf
- Surveillance Definitions of Infections in Long-Term Care Facilities:
 Revisiting the McGeer Criteria
 - http://www.jstor.org/stable/10.1086/667743
- PA-PSRS: List of Reportable Infections: Infections reportable through PA-PSRS
 - http://patientsafetyauthority.org/NewsAndInformation/Healthc areAssociatedInfections/Documents/reportableinfections.pdf



Treatment Guidelines

- Infectious Diseases Society of America Guidelines
 - https://www.idsociety.org/Organ System/
- CDC Get Smart Know When Antibiotics Work: Adult Treatment Recommendations
 - https://www.cdc.gov/getsmart/community/for-hcp/outpatienthcp/adult-treatment-rec.html
- Society for Healthcare Epidemiology of America Position paper: Antimicrobial use in LTCF
 - https://www.shea-online.org/images/guidelines/Abx-LTCF96.PDF



Barriers to Antibiotic Stewardship

Knowledge deficits

Offsite physicians

Inadequate communication

Inaccurate assessment and diagnosis

No formal policies, procedures, protocols

Unclear commitment or accountability

Lack of tracking and monitoring

Lack of QAPI follow-up

(Crnich)



Factors Influencing Practice

- Belief that:
 - risk of antibiotics outweighs indiscriminate use
 - appropriate antibiotic use is the expected standard of care
 - resources are available to practice good stewardship
- Providers, clinicians, administrators
- Residents and families



Education

- Provide educational resources and materials about antibiotic resistance
- Patient Safety Authority, Centers for Disease Control, AHRQ
- Clinicians
 - Physicians, nurse practitioners, pharmacists
- Nursing staff
 - RNs, LPNs, CNAs
- Residents and families



Communication: SBAR

- Situation, background, assessment, request form
 - Clinical evaluation
 - Indwelling devices
 - Co-morbidities, medications
 - Signs and symptoms
 - -Rule out HAI
 - Order request



(Source-AHRQ Toolkit



Standardize Communication

- HAI specific, (e.g., suspected UTI)
- Evaluation options
 - Symptoms and lab testing does it meet criteria
 - Change urinary catheter prior to culture if in >14 days
 - Mixed non-specific signs and symptoms
 - Watchful waiting- symptomatic treatment
- Management options
 - Send culture if symptomatic
 - Start empiric treatment for severe symptoms
 - Re-evaluate in 48 hours
 - Check culture results and organism sensitivities
- Continue, adjust or stop empiric antibiotic selection
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What is Watchful Waiting?

Good news! Your healthcare professional believes your illness will likely resolve on its own.



You should watch and wait for ____ days/hours before deciding whether to take an antibiotic.

In the meantime, follow your healthcare professional's recommendations to help you feel better and continue to monitor your own symptoms over the next few days.

- Rest
- · Drink extra water and fluids
- · Use cool mist vaporizer or saline nasal spray to relieve congestion
- For sore throats in older children and adults, try ice chips, sore throat spray, or lozenges
- Use honey to relieve cough. Do not give honey to an infant less than 1 year of age.

If you feel better, no further action is necessary — you don't need antiblotics.

If you do not feel better, experience new symptoms, or you have other concerns, call your healthcare professional to discuss if you need a recheck or if you need antibiotics, which may be prescribed over the phone.

It may not be convenient to visit your healthcare professional multiple times, but it is critical to make the right choice. Antibiotics can cause side effects like a skin rash, diarrhea, a yeast infection, or worse.

Antiblotics can also make future bacterial infections stronger and harder to treat. You can protect yourself and others by learning when antiblotics are and aren't needed.



For more information visit www.cdc.gov/getsmart

CS2TES

Source: CDC Get Smart
"Watchful Waiting"
https://www.cdc.gov/g
etsmart/community/d
ownloads/16 270228d-oneill nonantibiotic perscription
pads 508.pdf



CDC - Diagnosis and Treatment

- Use established criteria for infection diagnosis
 - Target empiric therapy to likely pathogens
 - Target definitive therapy to known pathogens
 - Obtain appropriate cultures and interpret results with care
 - Consider *C.difficile* in patients with diarrhea and antibiotic exposure

(CDC Campaign)



CDC-Use Antimicrobials Wisely

- Stop antimicrobial treatment
 - When cultures are negative
 - When infection in unlikely
 - When infection has resolved



Source: AHRQ Nursing Home Antimicrobial Stewardship Guide

(CDC Campaign)



CDC - Use Antimicrobials Wisely

- Treat infection not colonization or contamination
 - Perform proper antisepsis with culture collection
 - Re-evaluate the need for continued therapy after
 48-72 hours
 - Do not treat asymptomatic bacteriuria





CDC - Use Antimicrobials Wisely

- Know when to say "NO"
 - Minimize use of broad-spectrum antibiotics
 - Avoid chronic or long-term antimicrobial prophylaxis
 - Develop a system to monitor antibiotic use
 - Provide feedback to appropriate personnel

(CDC Campaign)



Leadership Commitment

- Distribute written statement of expectations
 - Include antibiotic stewardship duties in job descriptions
- Monitor and enforce antibiotic stewardship policies
- Quality assurance meeting agenda
 - Antibiotic use and resistance data
- Promote stewardship culture
 - Messaging
 - Education
 - Celebration of improvement



Action-Policies

- Require prescribers to document dose, duration, and indication for all antibiotic prescriptions
- Develop facility-specific algorithm for assessing residents
- Develop facility-specific algorithms for appropriate diagnostic testing
- Develop facility-specific treatment recommendations for infections

(CDC Core elements)



Accountability

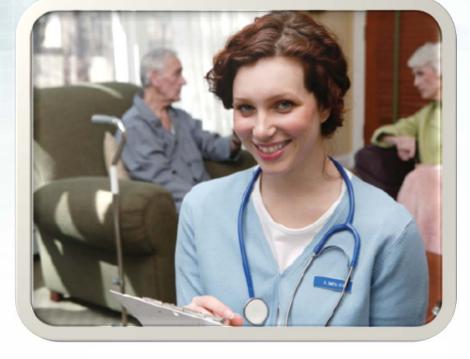
- Identify, empower, and support antibiotic stewardship leaders and activities
 - Medical director
 - Director or assistant director of nursing services
 - Consultant pharmacist
- Utilize existing resources
 - Infection Prevention Designee
 - Consultant Laboratory
 - State and Local Health Department
 - Pennsylvania Patient Safety Authority

(CDC Core elements)



Monitor Outcomes

- Monitor Rates of Adverse events
 - Antibiotic-resistant organisms
 - Diarrhea, C.difficile infection
 - Allergic reactions
 - Drug toxicity



Source: CDC Core Elements for Nursing Homes

Monitor costs



Actions - Pharmacist

- Review antibiotic courses for appropriateness of administration and/or indication
- Establish standards for clinical/laboratory monitoring for adverse drug events from antibiotic use
- Review microbiology culture data to assess and guide antibiotic selection
- Partner with antibiotic stewardship leaders at local hospitals

(CDC Core Elements)



Reporting

- Report facility antibiotic susceptibility patterns
- Personalize feedback on antibiotic prescribing practices clinical providers
- Use the Pennsylvania Patient Safety Authority Reporting System (PA-PSRS) analytic tools
- Use the CDC National Healthcare Safety Network (NHSN) MDRO module

NHSN, CDC Core Elements)



PA-PSRS Analytics

De	enominator Type			Jan	Feb	Mar	Apr	2015 May
Aggregat		Urinary Catheter	Urinary Catheter Days	1168	984	1099	1015	1102
Re	Total Infections MDRO Infections MDRO Infection Rate Proportion of MDRO Infections		27	13	8	14	15	
			0	1	0	0	0	
			0.00	1.02	0.00	0.00	0.00	
			0.00	7.69	0.00	0.00	0.00	
	%							
	CRE Infections		0	0	0	0	0	
			CRE Infection Rate	0.00	0.00	0.00	0.00	0.00
		MDRO Infection Rate For Urinary Tract (Device) Inf			h	0.00	0.00	0.00
	1.20					0	0	0
	1.20	1.02				0.00	0.00	0.00
MDRO Infection Rate	1.00					0.00	0.00	0.00
	0.80					0	0	0
	0.00					0.00	0.00	0.00
	0.60					0.00	0.00	0.00
	0.40					0	0	0
						0.00	0.00	0.00
	0.20					0.00	0.00	0.00
	0.00	Jan Feb	Mar Apr May Jur	n Jul A	Aug Sep	7		
/г	PA-PSRS		VRE MRSA MRAB	CRE			PA	

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NHSN



Form Approved OMB No. 0920-0666 Exp. Date: 12/31/2017 www.cdc.gov/nhsn

Laboratory-identified MDRO or CDI Event for LTCF

Page 1 of 1							
*required for saving							
Facility ID:	Event #:						
*Resident ID:	*Social Security #:						
Medicare number (or comparable railroad insurance r	railroad insurance number):						
Resident Name, Last: Fir	irst: Middle:						
*Gender: M F Other	*Date of Birth:/						
Ethnicity (specify):	Race (specify):						
*Resident type: Short-stay Long-stay							
*Date of First Admission to Facility:/_/	*Date of Current Admission to Facility:/_/						
Event Details							
*Event Type: LabID	*Date Specimen Collected:/_/						
*Specific Organism Type: (check one)							
□ MRSA □ MSSA □ V	VRE □ C. difficile □ CephR-Klebsiella						
☐ CRE-E. coli ☐ CRE-Enterobacter ☐ C	□ CRE-E. coli □ CRE-Enterobacter □ CRE-Klebsiella □ MDR-Acinetobacter						
*Specimen Body Site/System:	*Specimen Source:						
*Resident Care Location:							
*Primary Resident Service Type: (check one)							
□ Long-term general nursing □ Long-term dementia □ Long-term psychiatric							
☐ Skilled nursing/Short-term rehab (subacute) ☐	□ Ventilator □ Bariatric □ Hospice/Palliative						
*Has resident been transferred from an acute care fac	acility in the past 3 months? Yes No						
If Yes, date of last transfer from acute care to your facility:/							
If Yes, was the resident on antibiotic therapy for this specific organism type at the time of transfer to your facility?							
Custom Fields							
Label	Label						

(Source: NHSN)



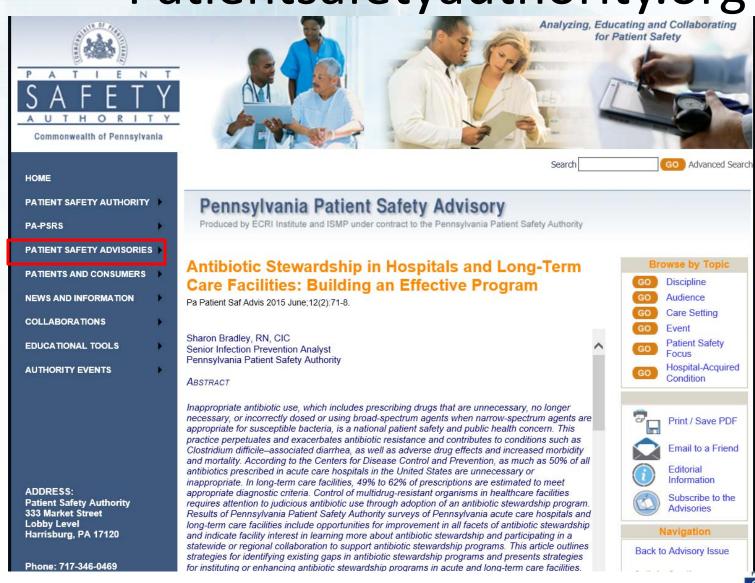


Case Study

A 75 year old female with history of a CVA was sent to the emergency room with symptoms of hypotension, weakness and confusion. She was sent back to the LTCF the same day with a diagnosis of hypotension and UTI on Cipro 500 mg. od x 14 days.

- 1. What can you do to evaluate if this is a true UTI?
- 2. What information is necessary to determine if Cipro is the right drug?
- 3. What talking points are important when you call for approval of an antibiotic on re-admission orders?

Patientsafetyauthority.org



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Thank You – Questions?





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Centers for Disease Control an Prevention.

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- https://www.cdc.gov/medicationsafety/program focus activities.html
- Get Smart: know when antibiotics work http://www.cdc.gov/getsmart/community/about/antibiotic-resistance-fags.html
- Campaign to Prevent Antimicrobial Resistance in Healthcare Settings 12 Steps to Prevent Antimicrobial Resistance Among Long-term Care Residents http://www.kliinikum.ee/infektsioonikontrolliteenistus/doc/oppematerjalid/longterm.pdf
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