

Resources to Help Your Patients Choosing Wisely Including Antibiotic Use During Flu Season

Fact: “The average physician orders unnecessary medical tests and procedures at least once a week” – [*Choosing Wisely: A Special Report on the First Five Years*](#)

Fact: *Choosing Wisely* assists providers and patients engage in conversations about the overuse of tests and procedures. It promotes conversations between clinicians and patients by helping patients choose care that is supported by evidence, not duplicative of services already received, free from harm, and truly necessary. *Choosing Wisely* is an initiative of the ABIM Foundation and has been supported by the Robert Wood Johnson Foundation.

Fact: Almost 600 *Choosing Wisely* recommendations were developed by over 70 specialty societies. They are based on frequency of use/significant cost, generally accepted evidence to support each, within the purview and control of the organization’s members, and a thoroughly documented and publicly available process.

Fact: There are 150 educational resources available for download from www.choosingwisely.org. The top 12 implementation areas include:

- Use of antibiotics
- Imaging for nonspecific low back pain
- Imaging for uncomplicated or stable headaches
- Vitamin D testing
- Repetitive CBC and labs
- Inpatient blood utilization
- Routine annual cervical cytology screening (Pap tests)
- Benzodiazepines for adults 65 and older
- Preoperative testing in patients scheduled to undergo low and/or intermediate risk non-cardiac surgery
- Telemetry in non-invasive care unit
- Antibiotics beyond 72 hours inpatient with no signs of infection
- DEXA scans.

For more information on *Choosing Wisely* go to www.choosingwisely.org or www.nchqa.org/improving-quality/choosing-wisely.

Antibiotics Don't Treat the Flu –Busting Patients' Antibiotic Myths

Fact: Antibiotics are for treatment of bacterial infections not viral infections such as flu.

Fact: You can educate your patients and your community regarding the appropriate use of antibiotics as well as the prevention and treatment of the flu.

Fact: *Choosing Wisely* and the CDC's *Be Antibiotics Aware* offer resources to help you and your patients confront the flu season and reduce the unnecessary use of antibiotics.

Activities to Consider for Your Practice and Your Patients

- Check your own and your practice's beliefs about prescribing antibiotics (include everyone). Consider viewing these [videos](#) and reviewing the [How to Talk with Your Patients modules](#) if there are concerns about sticking to appropriate prescribing recommendations.
- Provide reminders for you and your staff by using [screensavers](#) and [prescription pads](#)
- Create an office environment that provides patients with relevant information in the waiting room and the exam room.
- Use *Choosing Wisely* posters and brochures such as [Antibiotics: Will They Help You or Hurt You?](#); [Have a Sore Throat, Cough, or runny Nose? You Probably Don't Need Antibiotics](#); [Five Questions to Ask Your Doctor About Antibiotics](#). They can be downloaded and printed in English or Spanish.
- Use CDC *Be Antibiotics Aware* posters such as [Virus or Bacteria?](#) ; [Do You Need Antibiotics?](#) ; or [Commitment to Our Patients About Antibiotics](#)
- Be sure to include information on [How to Prevent the Flu](#), [Symptom Relief for Colds and Bronchitis](#) ; and [The Flu: What to Do If You Get Sick?](#) .
- Track use of antibiotics and provide feedback to providers by implementing [Choosing Wisely interventions](#).

Activities to Consider for Your Community (from CDC.gov)

- Share information via email, newsletter, or blog.
- Issue a press release.
- Obtain your professional organization's support or another civic group to sponsor printing and distribution of posters, flyers, newsletter articles to other groups, organizations, and neighborhoods.
- Distribute materials at medical conferences and exhibits.
- Develop a local government proclamation.

For more information on CDC *Be Antibiotics Aware* go to www.cdc.gov/antibiotic-use

