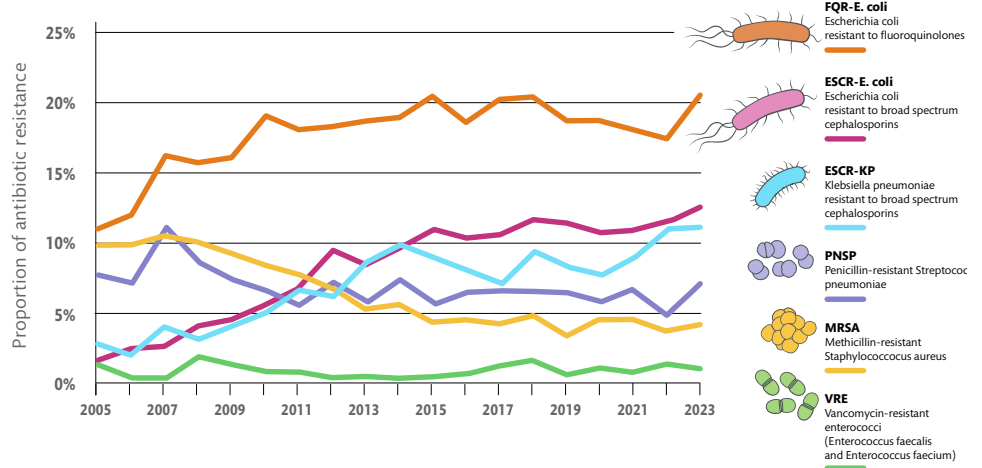


# Prescription of antibiotics in Switzerland

## Information sheet for paediatricians

### How are antibiotic-resistant bacteria developing in Switzerland?

The proportion of antibiotic-resistant bacteria for certain dangerous pathogens such as *FQR E. coli* and *ESCR E. coli*, has been increasing in Switzerland over the last 20 years. The main reason is the frequent, and often inappropriate, use of antibiotics worldwide. The efficacy of treatments is reduced as a result – creating a growing public health problem.

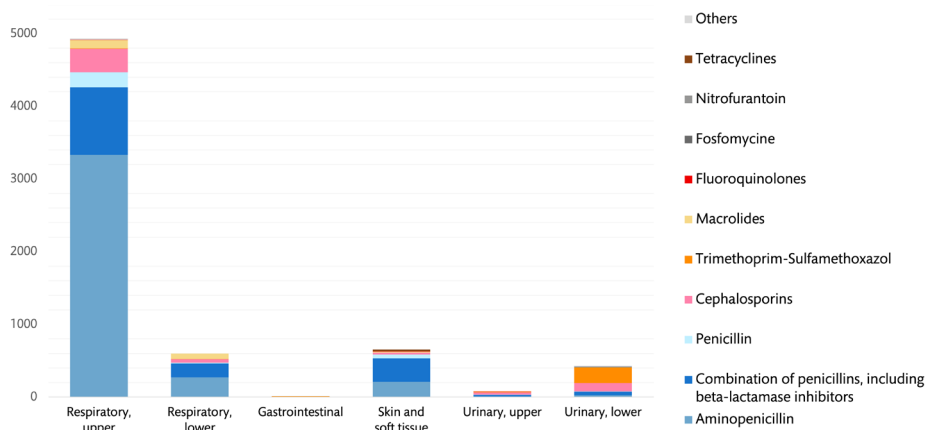


Source : anresis.ch ; Illustration: Communication in Science, for FOPH.

### What antibiotics were prescribed for children and adolescents in 2020 in Switzerland?

In paediatrics today, most antibiotics are prescribed in the outpatient setting. The prescribing practice shows that there is still potential for improvement when it comes to selecting antibiotics:

- Around 70 per cent of antibiotic prescriptions for children are for upper respiratory tract infections. The recommended (simple) penicillins or aminopenicillins are not always used in these cases.
- Macrolides, which have a problematic profile as regards selection of resistance, are probably used too often for treating respiratory tract infections.

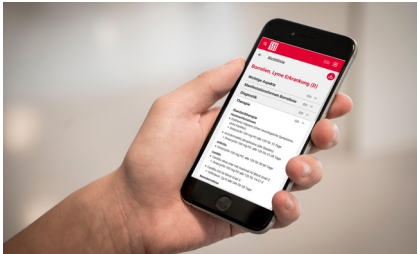


Source: anresis.ch / FOPH Sentinella reporting system 2021

# What objective are we pursuing with our Strategy on Antibiotic Resistance?

The aim of Switzerland's Strategy on Antibiotic Resistance (StAR) is to promote appropriate prescribing in Switzerland in order to ensure that antibiotics continue to remain effective in both people and animals. The participating federal offices, professional associations and many other stakeholders are all working together with this aim in mind.

## What resources are available to help paediatricians with their prescribing?



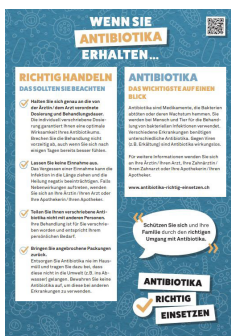
### Prescribing guidelines

The Swiss Society for Infectious Diseases (SSI) regularly develops and publishes guidelines that enable doctors to optimise their use of antibiotics in line with the latest scientific findings. These can be downloaded via the following link: [ssi.guidelines.ch](https://ssi.guidelines.ch). Users can add their own suggestions or ask questions using a comment function and thereby further improve the guidelines.



### Latest resistance data and guidelines in ANRESIS Guide

The latest resistance data are clearly and intuitively presented in the ANRESIS Guide application produced by the Swiss Centre for Antibiotic Resistance ANRESIS. Thus, it supports antibiotic use that is matched to the local resistance situation and linked to the SSI prescribing guidelines. The ANRESIS Guide is available at [guide.anresis.ch](https://guide.anresis.ch). General information and the latest trends can also be found at [anresis.ch](https://anresis.ch).



### Antibiotic resistance fact sheet for patients

This fact sheet, produced by the FMH (Swiss Medical Association), pharmaSuisse and the FOPH, contains simple, understandable information and recommendations on taking antibiotics and explains the reasons why an antibiotic may not be necessary for certain infections. It also includes general information about antibiotics and antibiotic resistance. The fact sheet is available in 11 languages and can be used in connection with a consultation. The fact sheet and companion products (explanatory video, poster) can be ordered free of charge from [correct-use-of-antibiotics.ch](https://correct-use-of-antibiotics.ch).

## Middle ear infection for children over six months

**What causes a middle ear infection?**  
It can be caused by a viral or bacterial infection, starting from an upper respiratory tract infection.

**How long does the earache last?**  
Improvement of earache in 2-3 days, regardless of whether the infection is bacterial or viral.

100 children who don't take antibiotics

60

With and without antibiotics

60 out of 100 children will be pain free after 24h

100 children who do take antibiotics

60

## Decision-making aids on antibiotic prescribing in practice and quality circles

BIHAM, the Institute of Primary Health Care, has produced an evidence-based medical information tool and a decision-making aid designed to help GPs and paediatricians jointly decide, with the parents, on antibiotic prescribing for children. Simple, understandable graphics show the advantages and disadvantages of treatment with and without antibiotics for one of the most common infections in paediatrics: otitis media. This resource is ideally suited for use as a thought-provoking training aid for quality circles. It can be downloaded from [biham.unibe.ch/entscheidhilfen](https://biham.unibe.ch/entscheidhilfen).



Version: October 2023  
[www.bag.admin.ch/antibiotic-resistance-resources](https://www.bag.admin.ch/antibiotic-resistance-resources)