

Ključne poruke za propisivače u bolnicama

U čemu je problem?

Bakterije rezistentne na antibiotike postale su svakodnevna pojava i problem u bolnicama diljem Europe (1).

Zloupotreba antibiotika može uzrokovati kolonizaciju ili infekciju bolesnika bakterijama rezistentnima na antibiotike, poput meticilin-rezistentnog *Staphylococcus aureus* (MRSA), vankomicin rezistentnih enterokoka (VRE) i izrazito rezistentnih gram-negativnih bacila (2-3).

Zloupotreba antibiotika povezana je s povećanom incidencijom infekcija bakterijom *Clostridium difficile* (4-5).

Pojava, selekcija i širenje rezistentnih bakterija predstavlja prijetnju sigurnosti bolesnika u bolnicama budući da:

- Infekcije bakterijama rezistentnima na antibiotik rezultiraju povećanom morbidnošću i smrtnošću u bolesnika, kao i produljenim boravkom u bolnici (6-7).
- Rezistencija na antibiotik često rezultira odgodom u odgovarajućoj terapiji antibioticima (8).
- Neodgovarajuća ili odgođena terapija antibioticima u bolesnika s ozbiljnim infekcijama povezana je s ishodima lošima po bolesnike, a ponekad i smrću (9-11).
- Trenutne mogućnosti za nove antibiotike su ograničene te, ako se opseg rezistencije na antibiotike nastavi povećavati, na raspolaganju više neće biti djelotvornih antibiotika (12).

Kako uporaba antibiotika doprinosi problemu?

Vrlo je izgledno da će hospitalizirani bolesnici primiti antibiotik (13), a 50% cjelokupne uporabe antibiotika u bolnicama je neprimjerena (4, 14);

Zloupotreba antibiotika u bolnicama jest jedan od glavnih faktora koji pokreću razvoj rezistencije na antibiotike (15-17);

Zloupotreba antibiotika može uključivati sljedeće (18):

- nepotrebno propisivanje antibiotika;
- odgodu primjene antibiotika u kritično bolesnih bolesnika;
- preuzak ili preširok spektar terapije antibioticima;
- preslabu ili prejaku dozu antibiotika u usporedbi s dozom koja je indicirana za bolesnika;

- prekratko ili predugačko trajanje terapije antibioticima;
- nastavak pogrešne terapije antibioticima nakon što podaci o mikrobiološkoj kulturi postanu dostupni.

Zašto promicati razumnu uporabu antibiotika?

Razumna uporaba antibiotika može spriječiti pojavu i selekciju bakterija rezistentnih na antibiotike (4, 17, 19-21).

Dokazano je da je smanjivanje uporabe antibiotika rezultiralo smanjenjem incidencije infekcija bakterijom *Clostridium difficile* (4, 19, 22).

Kako promicati razumnu uporabu antibiotika?

Strategije koje se provode na više razina, a uključuju primjenu kontinuirane edukacije, uporabu bolničkih smjernica i pravila o primjeni antibiotika temeljenih na dokazima, restriktivne mjere i konzultacije s liječnicima specijalistima na području zaraznih bolesti, mikrobiolozima i ljekarnicima mogu rezultirati boljim praksama u poboljšanju propisivanja antibiotika i smanjenju rezistentnosti na antibiotike (4, 19, 23).

Praćenje bolničkih podataka o rezistenciji na antibiotike i uporabi antibiotika pružilo je korisne informacije za upravljanje empirijskom terapijom antibioticima u teško bolesnih bolesnika. (24)

Ispravno određivanje početka uzimanja i optimalno trajanje profilakse antibioticima za potrebe kirurškog zahvata povezano je sa smanjenim rizikom od infekcija u mjestu kirurškog zahvata (25), te smanjenim rizikom od pojave bakterija rezistentnih na antibiotike (26)

Ispitivanja su pokazala da se, u slučaju određenih indikacija, može primijeniti kraća terapija umjesto dulje terapije bez utjecaja na ishode uočene u bolesnika. Ovo se također povezuje s rjeđom pojavom rezistencije na antibiotike (15, 27-28).

Uzimanje mikrobioloških uzoraka prije pokretanja empirijske terapije antibioticima, praćenje rezultata kulture i upravljanje terapijom antibioticima na temelju rezultata kulture rezultira smanjenjem nepotrebne uporabe antibiotika (29).

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