

# RESPONSIBILITY TREATS BEST

Responsible management  
of respiratory tract infections

Reckitt Benckiser has funded and supported the development of this material, including review of content for code compliance. The views and opinions represent those of the Global Respiratory Infection Partnership (GRIP) and are not necessarily the views of Reckitt Benckiser as the sponsor.



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Reference number: UK/CC-NHS/0818/0005d  
Date of preparation: August 2018.

Produced and distributed by RB with the support of GRIP, which was convened and funded by RB.

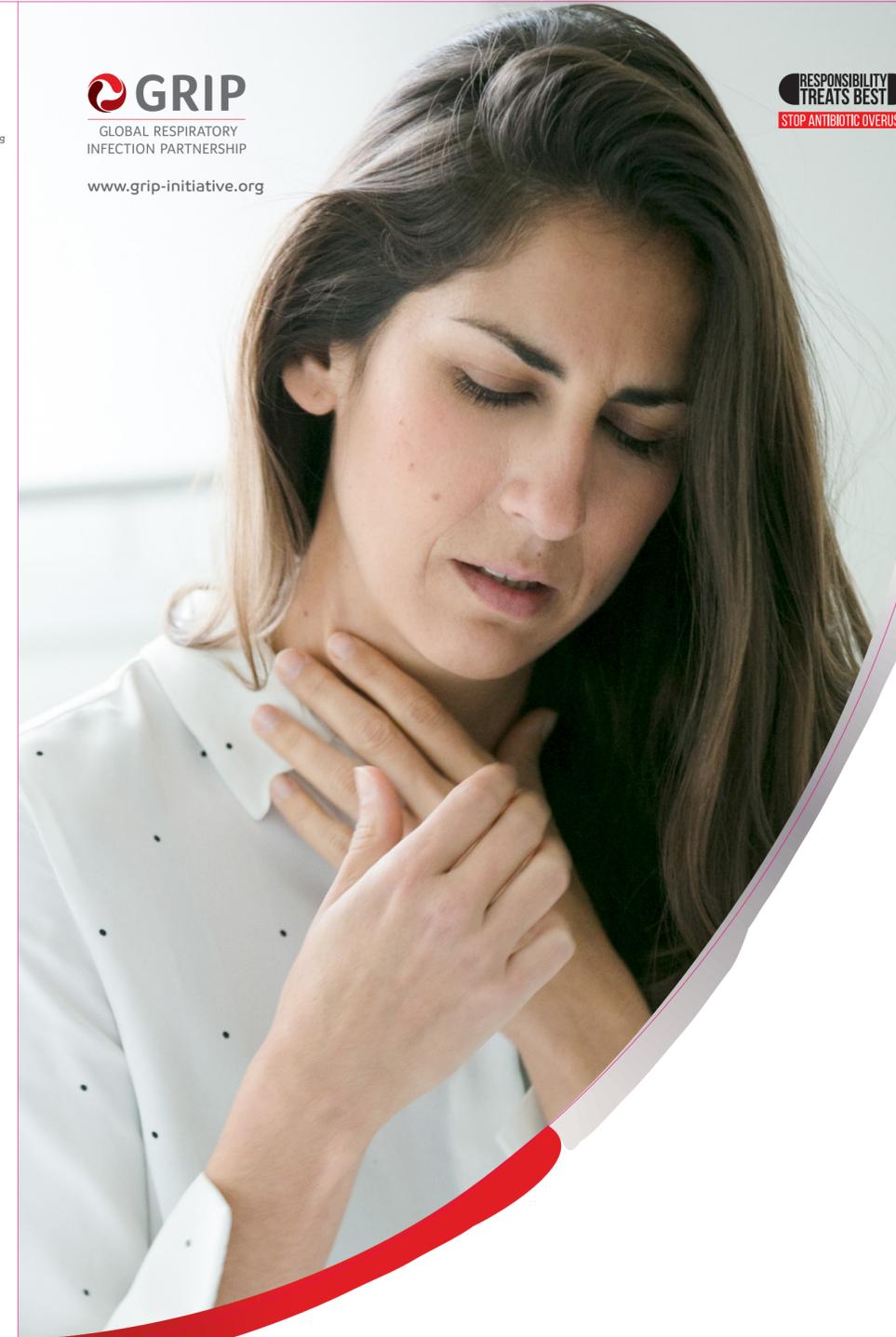
The Global Respiratory Infection Partnership (GRIP) is an international group of healthcare professionals committed to reducing inappropriate antibiotic use for respiratory tract infections in primary care and the wider community, helping to counteract antibiotic resistance.



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## ANTIBIOTIC RESISTANCE IS A PROBLEM THAT CANNOT BE IGNORED

The ability of some bacteria to grow and adapt in the presence of antibiotics, developing resistance to the drugs and reducing their effectiveness,<sup>1-4</sup> is a global threat! When antibiotics stop working, we could find ourselves in a world where common infections could once again kill.<sup>1,4</sup> Although the development of resistance is a naturally occurring phenomenon, it is accelerated by the increased use of antibiotics,<sup>5,6</sup> including their misuse and overuse.<sup>1</sup> The World Health Organization has warned that “steps need to be taken immediately in order to raise awareness of antimicrobial resistance and promote behavioural change”.<sup>1</sup>

**80%** The proportion of antibiotics given for acute respiratory tract infections that were found to be unnecessary in an outpatient study<sup>7</sup>

Antibiotics are frequently provided for respiratory tract infections, including sore throat, in primary care.<sup>7-9</sup> This is despite the fact that most are viral,<sup>7,10-14</sup> non-serious and self-limiting,<sup>10,14</sup> and resolve without treatment in 1-2 weeks.<sup>15-20</sup> Using antibiotics in these patients is a form of antibiotic misuse.<sup>1,7</sup>

The responsible management of respiratory tract infection including sore throat can be achieved with effective symptomatic relief, using the 1,2,3 approach, and can help counter the development of antibiotic resistance.

The **Responsibility treats best** suite of materials has been created to help healthcare professionals manage respiratory tract infections responsibly. It includes tools to aid the dialogue between healthcare professionals and patients, based on the 1,2,3 approach:

- 1 ADDRESS PATIENT'S CONCERNS**  
Ask about the patient's main symptoms and concerns, and expectations of treatment
- 2 BE VIGILANT - ASSESS SEVERITY**  
Look for red flags and risk factors for complications that might need referral to a doctor
- 3 COUNSEL ON EFFECTIVE SELF-MANAGEMENT**  
Reassure the patient, recommend symptomatic relief and advise them on what to do next