

1 ADDRESS PATIENT'S CONCERNS

There are 3 potential conversations; follow the conversation based on the patient's response

- Ask the patient about their main symptom(s) and what they are concerned about
- Recognise that upper respiratory tract infections (URTIs) can be worrying and uncomfortable for patients

It's just annoying and I want to know how I can get back to normal as soon as I can

- Find out more about their symptoms and general health

I think I need antibiotics

- Ask why the patient thinks antibiotics will help and find out more about their symptoms and general health

I am worried about my symptoms

- Recognise that patients may be worried and find out more about their symptoms and general health

PROCEED TO STEP 2

2 BE VIGILANT - ASSESS SEVERITY

Most URTIs, including sore throats, are caused by viruses¹⁻⁶ and are usually non-serious and self-limiting^{3,5} and resolve without antibiotics in 1-2 weeks⁷⁻¹²

- Ask the patient to describe their symptoms further and ask how long they have had them
- Ask if they have any other health problems or chronic diseases or have been unwell recently

There are 3 potential conversations; follow the conversation based on the patient's response

- Red flag symptoms
- Risk factors

I have a high fever (or other alert/red flag symptoms)

- Perform additional checks and/or prescribe an antibiotic/antiviral as appropriate

I have long-standing lung disease (or other risk factors)

Nothing in particular is worrying me and I am generally healthy

- Recognise that this patient likely has a URTI

PROCEED TO STEP 3

3 COUNSEL ON EFFECTIVE SELF-MANAGEMENT

There are 3 potential conversations; follow the conversation based on the patient's response

- Reassure the patient of the non-serious nature of most URTIs and the likely duration of symptoms
- Explain why antibiotics may not be needed and recommend symptomatic relief
- Advise the patient to seek further medical advice if symptoms last longer than expected, do not improve, or if they develop new symptoms

It's just annoying and I want to know how I can get back to normal as soon as I can

Duration of URTI symptoms

I think I need antibiotics

Symptomatic treatment of URTIs

I am worried about my symptoms

Treatment table: sore throat

- Advise the patient as described for each conversation
- Highlight the duration of URTI symptoms and treatment tables
- Reiterate why antibiotics may not be needed
- Recommend an appropriate product for symptomatic relief, based on the patient's symptoms and personal preferences

References: 1. Ebell MH, et al. JAMA 2000;284:2912-8; 2. Van Gageldonk-Lafeber AB, et al. Clin Infect Dis 2005;41:490-7; 3. Kenealy T, Arroll B. Cochrane Database Syst Rev 2013;6:CD000247; 4. Scott JG, et al. J Fam Pract 2001;50:853-8; 5. Baron S. Medical Microbiology 4th edition. Chapter 93. Infections of the Respiratory System. 1996. University of Texas Medical Branch at Galveston, Galveston, Texas; 6. Creer DD, et al. Thorax 2006;61:75-9; 7. National Institute for Health and Care Excellence. Respiratory tract infections (self-limiting): prescribing antibiotics. Clinical guideline 69. July 2008. Available at: <https://www.nice.org.uk/guidance/cg69> (accessed April 2019); 8. Spinks A, et al. Cochrane Database Syst Rev 2013;11:CD000023; 9. Macy E, Perm J. 2012;16:61-6; 10. Centers for Disease Control and Prevention. Flu symptoms and complications. 2018. Available at: <https://www.cdc.gov/flu/consumer/symptoms.htm> (accessed April 2019); 11. Gwaltney JM, et al. JAMA 1967;202:494-500; 12. Arruda E, et al. J Clin Microbiol 1997;35:2864-8.

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The 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.

Full version available at: <https://www.grip-initiative.org/media/1374/grip-prezi-111018.pdf> (accessed April 2019)

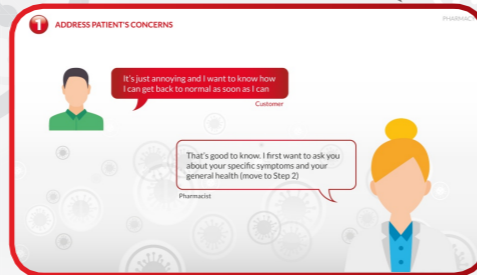
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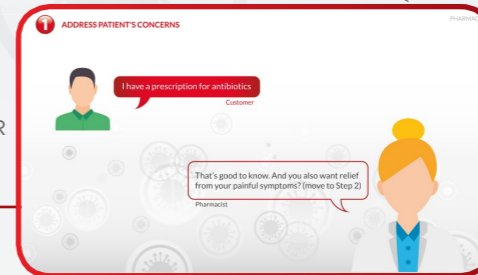
- Find out more about their symptoms and general health

I think I need antibiotics



- Ask why the patient thinks antibiotics will help and find out more about their symptoms and general health

I have a prescription for antibiotics



- Recognise that patients may also want relief from their painful symptoms in addition to their prescribed antibiotics

I am worried about my symptoms



- Recognise that patients may be worried and find out more about their symptoms and general health

PROCEED TO STEP 2

2 BE VIGILANT - ASSESS SEVERITY



Most URTIs, including sore throats, are caused by viruses¹⁻⁶
They are usually non-serious and self-limiting^{3,5} and resolve without antibiotics in 1-2 weeks⁷⁻¹²

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- Ask if they have any other health problems or chronic diseases or have been unwell recently



There are 3 potential conversations; follow the conversation based on the patient's response

- Red flag symptoms
- Risk factors

I have a high fever (or other alert/red flag symptoms)



- Recognise that these patients may need to see a doctor

I have long-standing lung disease (or other risk factors)



Nothing in particular is worrying me and I am generally healthy and I am generally healthy



- Recognise that this patient likely has a URTI

PROCEED TO STEP 3

3 COUNSEL ON EFFECTIVE SELF-MANAGEMENT



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Duration of URTI symptoms



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Symptomatic treatment of URTIs



I have a prescription for antibiotics



Treatment table: sore throat



I am worried about my symptoms



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