Antimicrobial Stewardship (AMS) for Acute Sore Throat in Community Pharmacy

A Quality Improvement Project (QIP) | Evaluation of Structured Stewardship Tools

Introduction

AMS are programs that optimizes medicine use to combat area to combat resistance and costs.

This QIP evaluates structured stewardship tools in community pharmacies for managing mostly viral sore throats, optimizing antibiotic use, envading, and promoting essential self-care.

Objectives

SMARTER format objectives:

Specific: Implement FeverPAIN for all sore throats

Measurable: 100% documentation of safety netting

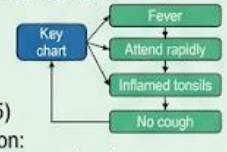
Achievable: Distribute TARGET RTI leaflets

Relevant: Align with NICE NG84 guidelines

Time-bound: Complete audit of 10 consecutive patient consultations in 4 weeks

Methods

- Prospective audit on 10 patients
- Pharmacists used FeverPAIN criteria
  - **Fever**
  - **Purulence**
  - **Attend rapidly**
  - **Inflamed tonsils**
- Categorized by risk (0–5)
- Applied tiered intervention:
  - All: self-care, safety netting, education
  - Antibiotics: reserved only where clinical scores or history necessitated



Interventions

- Detail evidence-based clinical governance
- **Clinical Scoring:**
  - FeverPAIN application
- **Patient Education:**
  - TARGET RTI leaflets, explaining the average sore throat duration
- **Symptom Relief:** Recommendation of OTC lozenges and analgesics

Results

Table (1) shows high compliance with AMS standards.

Patient Consultation Audit Table

Patient No.	FeverPAIN Score	Adult/ Child	Outcome of Consultation
1	2	Adult	Self-care, safety netting
2	2	Adult	Self-care, safety netting, Target RTI
3	3	Adult	Self-care, safety netting, Return in 3 days, Antibiotics
4	3	Adult	OTC medication, safety netting, Target RTI
5	3	Child	OTC medication, safety netting, Target RTI
6	3	Adult	OTC medication, self-care, safety netting
7	3	Adult	OTC medication, Target RTI, safety netting
8	3	Adult	Supply of antibiotics, safety netting, self-care
9	3	Adult	Self-care, Target RTI, safety netting
10	3	Adult	OTC medication, safety netting, Target RTI

Discussion

- 80% presented with intermediate FeverPAIN score of 3, but antibiotics withheld in 80% of total cases, prioritizing education and OTC management.
- Decisions enhanced by NICE guidelines and shared decisions with TARGET leaflets.
- Compelling situations considered allergies and interactions before supply.
- Every case unique, patient at center.

Conclusion

- QIP proves community pharmacists effectively reduce antibiotic demand via scoring and education.
- Safety maintained by universal safety netting, ensuring 'fail-safe' patient care.

Future Recommendations:

- Expand to 50 patients
- Establish 7-day follow-up
- Incorporate larger cohort findings into local guidelines (resistance patterns, timeline for improvement).

References

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