Training healthcare professionals and empowering the patient

The HAPPY PATIENT project was formed as a response from the European Commission to address the increase of antimicrobial resistance.

WHY IS AMR SO IMPORTANT?

Antimicrobial Resistance (AMR) is a phenomenon by which a bacterium becomes resistant to the activity of an antimicrobial drug.

Some studies show that lack of action today may cause about 10 million deaths per year by 2050. AMR is a growing problem threatening societal development and human health.

Infections with antibiotic-resistant bacteria are associated with:

- an increased number of visits to health care providers
- more hospital admissions
- higher mortality
- higher economic expenditure

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WHERE DO WE TARGET AMR?

Spain, France, Lithuania, Poland and Greece have been targeted for the HAPPY PATIENT project. They have diverse health systems, incomes and level of antimicrobial medicines consumption.

HOW CAN YOU FIGHT IT?

- Don’t take antibiotics if your doctor didn’t prescribe them to you.
- Be aware that antibiotics are not effective against viral infections.
- Most common respiratory tract infections, such as the common cold and the flu, are viral and cannot be treated with antibiotics.
- Antibiotics cannot cure every single disease.

WHAT IS HAPPY PATIENT?

HAPPY PATIENT is a European Project that aims to reduce unnecessary antibiotic prescription in Europe.

OUR GOALS

- **DECREASE** the unnecessary prescription of antibiotics **BY 40%**
- **REDUCE** antibiotic consumption by implementing a successful strategy
- **HELP YOU!** to get more involved in your own health and participate in your health decisions
- **BUILD** a new innovative patient-centered dynamic

HAPPY PATIENT is aiming to achieve these goals:

- Implement a patient-centred approach
- Engage Health Care Professionals who will act as the first points of contact with the healthcare system and will be responsible for the management of community-acquired infections.

**OUR GOALS**

- PROVIDE patients with accurate information about antibiotics
- HELP patients and their families make an informed choice
- BUILD patient-centred care

**HAPPY PATIENT** will implement a patient-centred approach. We will engage Health Care Professionals, who will act as the first points of contact with the healthcare system and will be responsible for the management of community-acquired infections.

The Health Care Professionals to be involved in the HAPPY PATIENT project are:
- Providers of primary health care services i.e. General Practitioners (GPs), nurses, and dentists
- Clinicians in Out-of-Hour (OOH) Services
- Nursing home clinicians
- Pharmacists

The APO method will give to the HCPs the means to think, reflect and improve their actions when facing a certain situation, and this will help reduce the unnecessary prescriptions of antibiotics.

Antibiotic consumption map in Europe is shown with countries such as Spain, France, Lithuania, Poland, and Greece highlighted.

HELP YOU!

- To get more involved in your own health
- To participate in your health decisions

THE APO METHOD

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**Antibiotics cannot cure every single disease.**

**Most cold and flu symptoms are best treated at home with paracetamol or ibuprofen, plenty of fluids and sleep.**

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AN INTERNATIONAL CONSORTIUM

15 partners & 2 associated entities.

Academia, research and clinical practice

Professional umbrella organisations

WHERE DO I FIND HAPPY PATIENT?

www.happypatient.eu  @HAPPY_PATIENT  HAPPY PATIENT  @happy_patient_eu  HappyPatientEU

WHEN WILL THE HAPPY PATIENT TAKE PLACE?

Over 36 months: 2021 - 2023

The reduction in antimicrobial use will lead to a reduction of antimicrobial resistance both in the community and in the individuals.

For more information, please visit www.happypatient.eu