



[ THE HEALTH ALLIANCE FOR PRUDENT PRESCRIPTION AND  
YIELD OF ANTIBIOTICS FROM A PATIENT-CENTRED PERSPECTIVE ]

## 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.

## ANTIMICROBIAL RESISTANCE: A GROWING DANGER

**Antimicrobial resistance (AMR)** is a growing problem threatening societal development and human health.

More than 50% of the episodes of pharyngitis, acute rhinosinusitis, and acute bronchitis are treated with antibacterial agents, and most of this prescribing is deemed to be unnecessary.

The emergence of resistant bacteria has raised fears of a return to the pre-antibiotic era. Estimations show that it will be the first cause of death in 2050.

## HAPPY PATIENT AIMS TO CURB THE PROBLEM

Reducing the unnecessary antibiotic prescribing is the most effective measure against AMR. These are the actions suggested by **HAPPY PATIENT**:

- Propose an innovative patient-centred approach which implies the involvement of all health care-providers acting as main point of contact for the management of community-acquired infections.
- We will help practitioners to reevaluate their prescribing habits and patients to change their expectations.
- Healthcare professionals will be enabled to evaluate their own practices.
- Healthcare professionals will be given assistance in managing their communications with patients in a positive way.
- Pharmacists will emphasize their role as gatekeepers to the safe use of antibiotics.
- We will ask previously identified stakeholders to re-evaluate well-established practices in order to reduce inappropriate antibiotic prescription.



## HAPPY PATIENT GOALS

**ENABLE**  
a significant increase in the impact of the EU's guidelines on the prudent use of antimicrobials



**FOCUS ON**  
common community-acquired infections, especially respiratory and urinary tract infections

**SET UP TO**  
**REDUCE BY 40%**  
inappropriate prescription of antibiotics



**INVOLVE ALL**  
health care-providers acting as the main point of contact for the management of community-acquired infections



**BUILD UPON EVIDENCE**  
and propose an innovative patient-centred approach

## 4 HEALTH PROFESSIONAL TARGETED SETTINGS



### Primary care: GPs and nurses

GPs prescribe the majority of all antimicrobial agents prescribed, approximately 80% of all the antibiotics.



### Secondary Care: Hospitals and Out-of-Hours (OoH) service GPs and clinicians

This is an important source of antibiotics prescribed for all types of community-acquired infections.



### Tertiary Care: Nursing Home professionals

There is solid evidence that antibiotics are heavily prescribed in nursing homes for suspected urinary tract infections. Approximately 10% of residents are treated every day with an antibiotic in Spain.



### Pharmacies: Pharmacists

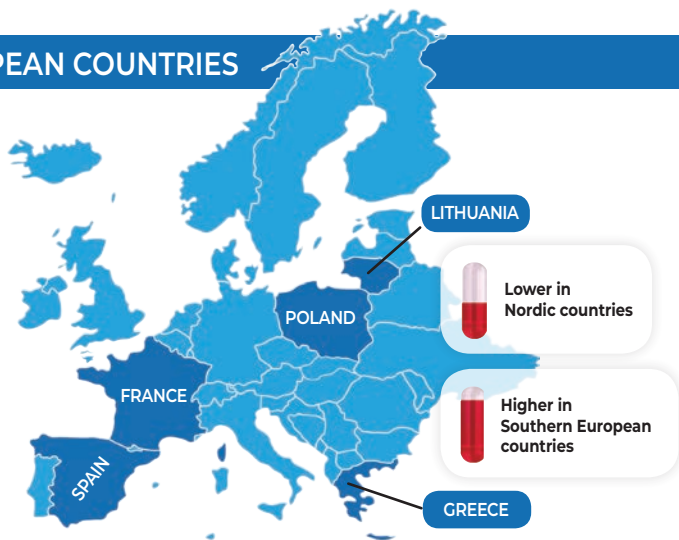
Pharmacists play a crucial role in directly reinforcing messages about appropriate use when handing antibiotics to patients or carers and are amongst the groups most trusted to convey such messages.



## 5 TARGETED EUROPEAN COUNTRIES

Antibiotic consumption map in Europe

Spain, France, Lithuania, Poland and Greece have been targeted for the **HAPPY PATIENT** project. All target countries have diverse health systems, incomes and level of antimicrobial.



**HAPPY PATIENT** sets out a significant move forward from theory to practice in relation to promoting responsible stewardship amongst both healthcare professionals and patients.

## THE APO METHODOLOGY

The APO method stands for:  
**AUDIT PROJECT ODENSE.**

It is a multifaceted intervention based on state-of-the-art procedures and information to change practice behaviour and patients' perceptions about antibiotic use and AMR.

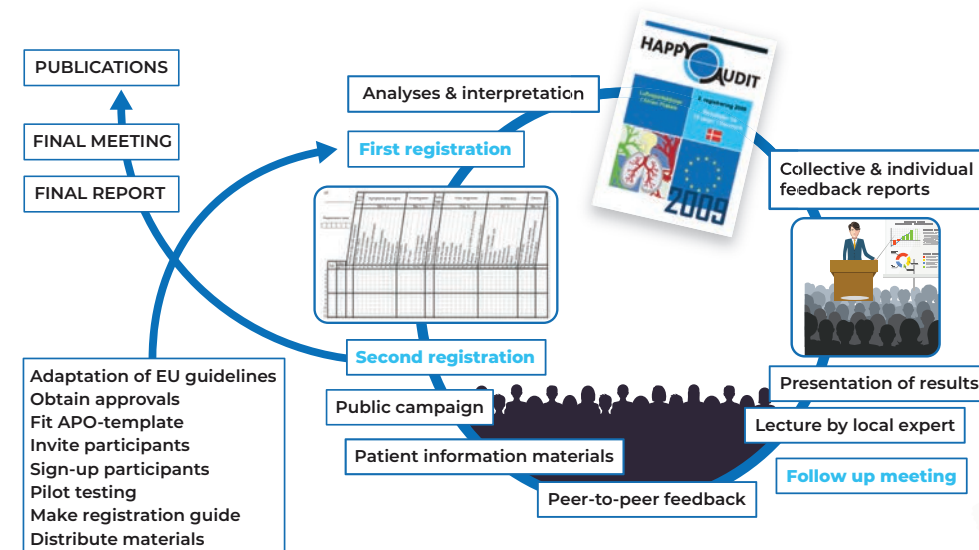
### BEFORE THE INTERVENTION:

Health care professionals will be asked to participate in the project, encompassing a first registration, the intervention and a second final registration.

A minimum number of 25 professionals will be recruited in each country for the different healthcare professional groups and will collect data on the diagnostic process and management of community-acquired infections during a first audit registration in February 2022.



## THE APO METHODOLOGY



### INTERVENTION FOR PROFESSIONALS AND PATIENTS:

The results of the first audit registration will be presented at meetings for health care professionals and reflections and initiatives to improve quality problems will be discussed. Experts in antibiotic prescribing and other relevant resource persons will also be consulted.

### AFTER THE INTERVENTION:

In follow-up meetings feedback and identified potential quality problems from the first registration will be given.

Results will be discussed at follow-up meetings in each of the different areas and will be run by the local co-ordinators of the study.

1 to 3 months before the second registration, to take place in February 2023, the participating professionals will receive a training course on the appropriate use of antibiotics for common community-acquired infections.

- ▶ Brochures and handouts to patients about prudent use of antibiotics
- ▶ Posters for waiting rooms, focusing on the appropriate use of antibiotics
- ▶ Enhancement of communication skills to be used during the consultation with patients with community-acquired infections



## AN INTERNATIONAL CONSORTIUM

15 partners & 2 associated entities.



## IMPACT

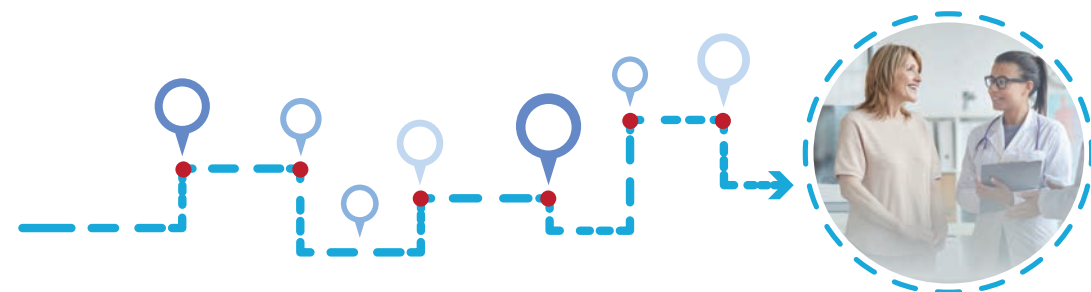
The project's work programme is designed to provide immediate impact.

The **HAPPY PATIENT** project will help understanding and implement interventions regarding appropriate antimicrobial prescription and usage for human consumption.

The project will focus on the interaction between healthcare professionals and patients.

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

More **HAPPY PATIENTS** are to be seen in Europe within the next few years.



## WHERE DO I FIND HAPPY PATIENT?



[www.happypatient.eu](http://www.happypatient.eu)



TWITTER @HAPPY\_PATIENT



LINKEDIN HAPPY PATIENT



INSTAGRAM @happy\_patient\_eu



FACEBOOK HappyPatientEU

## WHEN WILL THE HAPPY PATIENT TAKE PLACE?

Over 36 months: 2021 - 2023

For more information, please visit [www.happypatient.eu](http://www.happypatient.eu)



# HAPPY PATIENT

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