

# HAPPY PATIENT

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.

### 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:**

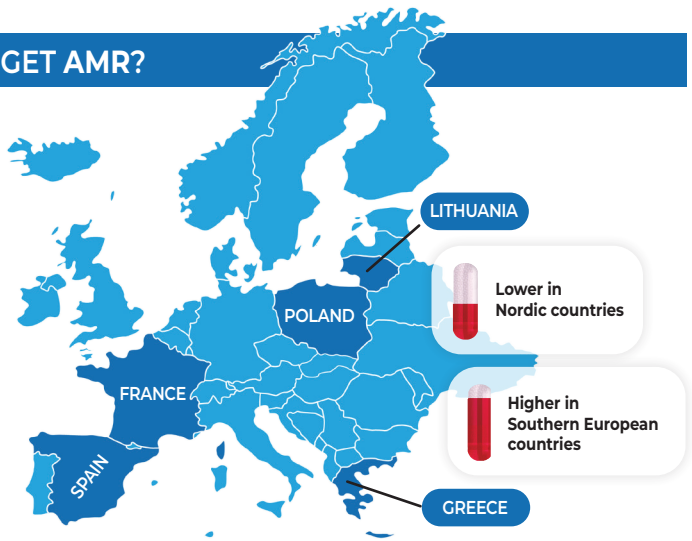
- an increased number of visits to health care providers
- more hospital admissions
- higher mortality
- higher economic expenditure



## WHERE DO WE TARGET AMR?

### Antibiotic consumption map in Europe

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



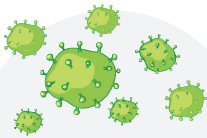
## HOW CAN YOU FIGHT IT?



Don't take antibiotics if your doctor didn't prescribe them to you



Antibiotics cannot cure every single disease



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



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

# WHAT IS HAPPY PATIENT?

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

## OUR GOALS

**REDUCE**  
antibiotic consumption  
by implementing a  
successful strategy

**DECREASE**  
the unnecessary  
prescription  
of antibiotics  
**BY 40%**

**HELP YOU!**  
to get more involved  
in your own health and  
participate in your health  
decisions



**BUILD**  
a new innovative  
patient-centered dynamic

## HOW IS HAPPY PATIENT AIMING TO ACHIEVE IN THESE GOALS?

**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:

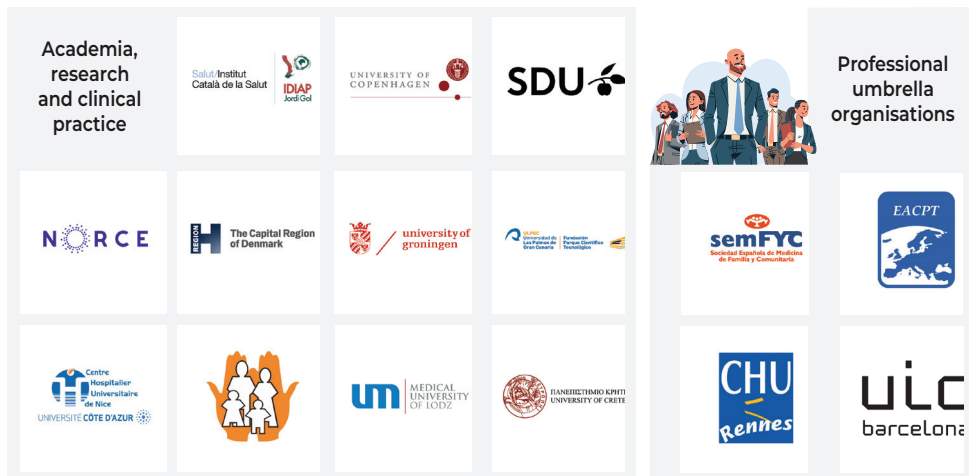
- Providers of primary health care services i.e. General Practitioners (GPs), nurses, and dentists
- Clinicians in Out-of-Hour (OOH) Services
- Nursing home clinicians
- Pharmacists



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.

# AN INTERNATIONAL CONSORTIUM

15 partners & 2 associated entities.



## WHERE DO I FIND HAPPY PATIENT?



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



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

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