



**If a patient is systemically very unwell, has signs and symptoms of a more serious illness / condition or has high risk of complications DO NOT consider a back-up prescribing strategy.**

## Acute otitis media

Usually self limiting with symptoms lasting 3-7 days. Most children/young people improve within 3 days without antibiotics.

Consider antibiotics (back-up or immediate) if:

- Otorrhoea in any age
  - Under 2 years with infection in both ears
- Advise to use back-up prescription if symptoms worsen at any time or no improvement after 3 days.

Offer immediate antibiotics if:

- Systemically very unwell/high risk of complications (pre-existing comorbidity)

## Acute sinusitis

Symptoms can last 2-3 weeks

Symptoms for 10 days or less = no antibiotic and self-care advice.

Symptoms with no improvement for >10 days = consider no/back-up antibiotic depending on likelihood of bacterial cause. Bacterial cause more likely if:

- Symptoms >10 days
- Discoloured / purulent nasal discharge
- Severe localised unilateral pain
- Fever
- Marked deterioration after an initial milder phase

Advise to use back-up prescription if symptoms worsen at any time or no improvement after 7 days.

## Acute sore throat

Sore throat can last around 3-7 days. Manage with self care. Antibiotics make little difference to how long symptoms last or the number of people whose symptoms improve.

Utilise FEVERpain or Centor scores

FEVER pain 0-1 or Centor 0-2 = No antibiotic

FEVERpain 2-3 = No antibiotic or back-up

FEVERpain 4-5 or Centor 3-4 = Back-up or immediate

Advise to use back-up prescription if symptoms worsen at any time or no improvement after 3-5 days.

## Simple lower UTI in non-pregnant women

Evidence for back-up antibiotics was from women not needing immediate treatment.

For non-pregnant women consider a back-up antibiotic or an immediate antibiotic. Take account of:

- Severity of symptoms
- Risk of developing complications
- Previous urine cultures and susceptibility results
- Previous antibiotic use, which may have led to resistant bacteria
- Local antimicrobial resistance data

Advise to use back-up prescription if symptoms worsen at any time or no improvement after 48 hours.

## Acute cough

Usually self-limiting with symptoms lasting 3-4 weeks. Antibiotics make little difference to how long the cough lasts

If URTI or acute bronchitis but not systemically unwell = no antibiotics

If patient is at **\*higher risk of complications** then consider back-up or immediate antibiotic.

**\*Higher risk of complications:**

- Pre-existing co-morbidity
- Young children born prematurely
- People >65 years with 2 or more of the following, or people >80 years with one or more of the following:
  - Type 1 or 2 diabetes
  - History of congestive heart failure
  - Current use of oral corticosteroids
  - Hospitalisation in the previous year

Advise to use back-up prescription if symptoms worsen at any time.

If patient is identified in a face to face consultation as systemically very unwell = offer immediate antibiotics

**Advise patient to seek medical help if symptoms worsen rapidly or significantly or the person becomes very unwell.**