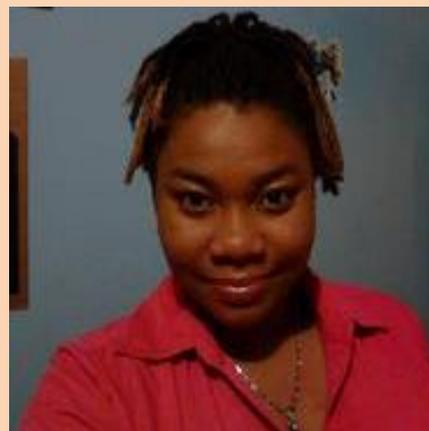


Practical steps to be taken by medical professionals to prevent antimicrobial resistance (AMR)

Dr. Judian Maye

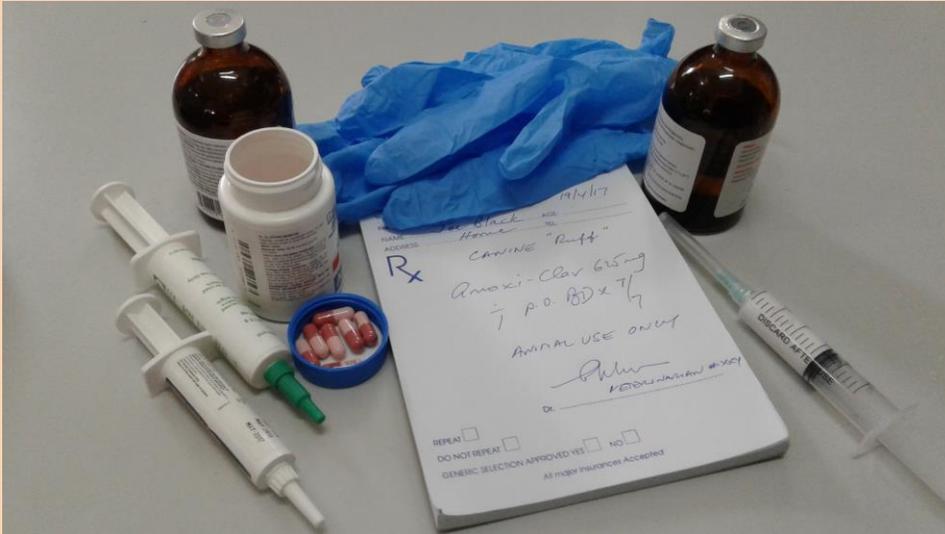
As medical professionals, the onus is on us to safeguard the tools of our trade. Microbes such as bacteria, fungi, parasites and viruses are becoming resistant to drugs used to eliminate them. The widespread overuse and misuse in both food animal production and human medicine influences antimicrobial resistance. The following are preventative measures to be taken according to the United States Centers for Disease Control and Prevention (CDC):



- ✓ **Promote vaccination/ immunization programmes in both animal and human patients** to prevent the occurrence of infections and to improve the immune system of both humans and animals.
- ✓ **Educate the human patient on the consequences of using medications intended for another individual.** Emphasise total patient compliance in taking medications as directed for the prescribed course and duration.
- ✓ **Diagnostics-based treatment protocols.** Confirmatory diagnostic tests will better guide the treatment of human and animal patients with the correct antimicrobial.
- ✓ **Only use antibiotics to treat bacterial infections** and antibiotics should not be given prophylactically for viral infections for example common colds (influenza).
- ✓ **Antibiotics should only be given to human and animal patients after consultation** with a physician and veterinarian respectively.
- ✓ **Educate farmers and animal owners on the proper administration of anthelmintics** as they should be given based on the pre-patent period of the parasite to better eliminate the parasite by disrupting its life cycle.
- ✓ **Practice antibiotic stewardship,** where antibiotics are used appropriately and safely that is, the right antibiotic is selected to treat infections based on bacterial culture and the right route of administration.
- ✓ **Research and development of new antimicrobials.** Engage in collaborative research to study and develop the use of alternative medicinal remedies.

Against all, only prescribe antimicrobials when absolutely necessary and reinforce proper usage as directed. The appropriate and necessary use of antibiotics especially in

people and animals will help to greatly slow down the spread of resistant bacteria. This will promote good animal health, human health and world health in general.



For more information visit the CDC website: <https://www.cdc.gov>

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