

What is antimicrobial resistance (AMR)?

Antimicrobial resistance occurs when microorganisms (bacteria, viruses, fungi and parasites) develop resistance to antibiotics. When the bacteria become resistant to multiple commonly used antibiotics, they are "Multi-Drug Resistant Organisms (MDROs)" or commonly referred as "superbugs".

Why is it a problem?

Patients undergoing medical procedures such as **organ transplantation, cancer chemotherapy, diabetes management and after surgery** are prone to infection. If antibiotics are no longer effective, the risk of the procedures would become extremely high. This may create additional burden to the healthcare system and the patients may die as a result.



What accelerates the emergence and spread of antimicrobial resistance?

1. Misuse or overuse of antimicrobial agents selects MDROs and provides survival advantage to resistant clones;



2. Lapse in infection control measures, direct or indirect contact with colonized/infected human being;



3. Poor kitchen and food hygiene, consumption of contaminated food items;



Please visit CHP website for more information on prevention of communicable disease.
<http://www.chp.gov.hk/>



What can we do about it?

Responsible use of antimicrobials slows down the development of AMR:



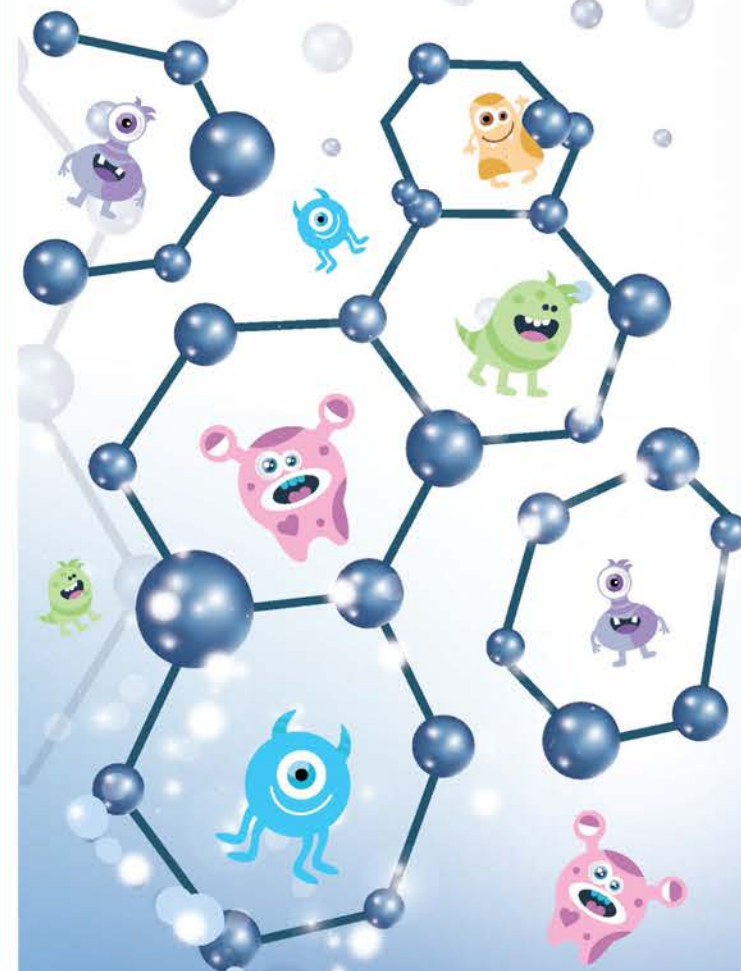
Patients:

- Do not demand antibiotics from your doctor.
- Follow your doctor's advice when taking antibiotics.
- Receive vaccination as per Government's recommendation.
- Always practise cough etiquette, wash hands after sneezing or coughing.
- Wear a mask if you have symptoms of respiratory tract infection.
- Do not self-purchase antibiotics without a prescription because it is illegal.
- Never consume "leftovers" antibiotics or share antibiotics with your relatives or friends.

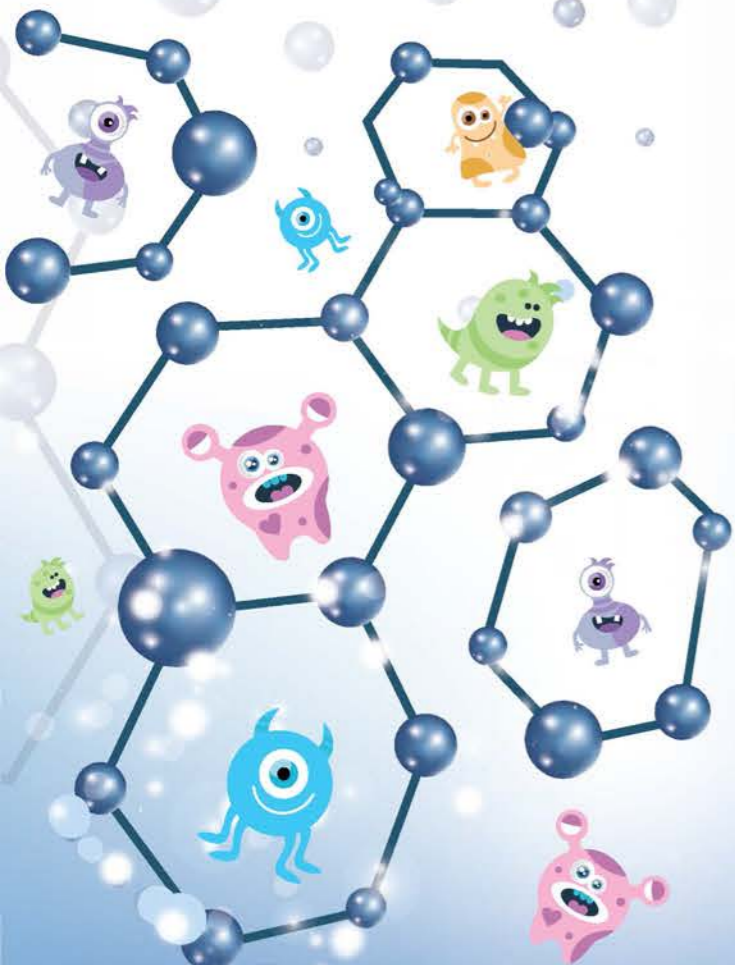


Doctors and other healthcare professionals:

- Prescribe antibiotics according to evidence-based guidelines (e.g. IMPACT).
- Whenever possible, prescribe "narrow spectrum" instead of a "broad spectrum" antibiotics.
- Explain to patients, 90% of the URTI are caused by virus and antibiotics are not needed.
- Minimise exposure of patients to antibiotics if empirical treatment needed for infection before the confirmation of a definitive diagnosis.



預防抗菌素(抗微生物藥物)耐藥性 Prevent Antimicrobial Resistance



什麼是抗菌素 (抗微生物藥物)耐藥性?

抗菌素耐藥性的出現顯示了微生物(細菌、病毒、真菌和寄生蟲等)已對抗生素產生抗禦能力。當細菌對多類常用的抗生素都產生耐藥性時，便稱為「多重耐藥性細菌」，或俗稱的「超級細菌」。

為什麼它是一個問題?

接受醫療程序的病人，如器官移植、癌症化療、糖尿病管理和外科手術後較易受感染，如果抗生素不再有效，施行程序的風險會變得極高。這可能對醫療系統造成額外的負擔，而患者更可能因此而死亡。



什麼加速了抗菌素耐藥性的出現和傳播?

1. 不恰當和過度使用抗菌藥物，篩選出含耐藥性基因的細菌並且助長其生存。



2. 沒遵從感染控制措施；直接或間接接觸帶菌/受感染的人士。



3. 欠佳的廚房衛生和不當處理食品，進食受污染的食物。



我們可以做什麼來解決這問題?

負責任地使用抗菌藥物以減慢抗菌素耐藥性的發展



病人：

- 不要向醫生要求抗生素。
- 遵照醫生的建議使用抗生素。
- 根據政府建議接種疫苗。
- 常實踐咳嗽禮儀，打噴嚏或咳嗽後緊記潔手。
- 如果你有呼吸道感染症狀時，要戴口罩。
- 不要在沒有處方的情況下自己購買抗生素，因這是違法。
- 不使用剩餘的抗生素，也不要和親戚或朋友共用抗生素。



醫生和其他醫療保健專業人員：

- 處方抗生素時跟循含證據基礎的指引(例如，減低細菌抗藥性指引)。
- 盡可能處方針對該感染的抗生素，而非「廣譜」抗生素。
- 向病人解釋，90%以上的呼吸道感染由病毒引起，並不需要使用抗生素。
- 如果在確診之前需要對感染作經驗性治療，盡量縮短患者接受此類抗生素的時間。

有關更多預防傳染病的資料，
請瀏覽衛生署衛生防護中心網頁：
<http://www.chp.gov.hk/>

