CDC Campaign to Prevent Antimicrobial Resistance in Healthcare Settings

12 Steps to Prevent Antimicrobial Resistance Among Hospitalized Children

Strategy: Prevent Infection

Step 1. Vaccinate hospitalized children and staff
– Vaccinate according to AAP/ACIP/AAFP recommendations
– Review immunization records and catch-up with routine vaccinations
– Give influenza vaccine to at-risk infants and children
– Give influenza vaccine to all health workers

Step 2. Get the devices out
– Insert catheters and devices only when essential
– Use proper insertion techniques and follow guidelines for catheter-care
– Remove catheters and other devices when no longer essential

Strategy: Diagnose and Treat Infection Effectively

Step 3. Use appropriate methods for diagnosis
– Order appropriate laboratory tests
– Obtain appropriate specimens

Step 4. Target the pathogen
– Target empiric antimicrobial therapy to likely pathogens
– Target definitive antimicrobial therapy to known pathogens

Step 5. Access the experts
– Consult infectious disease experts for complicated infections

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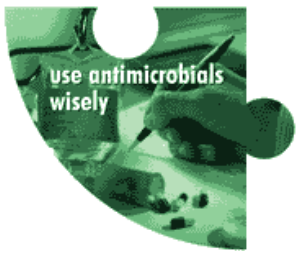
Strategy: Use Antimicrobials Wisely



Step 6. Practice antimicrobial control
– Optimize timing, regimen, dose, route, and duration of antimicrobial treatment and prophylaxis
– Follow policies and protocols in your institution

Step 7. Use local data
– Know your regional, institutional, and high-risk unit-specific antibiograms
– Know your formulary
– Know your patient population (birthweight, age, and setting)

Step 8. Treat infection, not contamination or colonization
– Use proper antisepsis for drawing blood cultures
– Avoid routine culturing of catheter tips
– Treat bacteremia, not catheter colonization or contamination

Step 9. Know when to say "no"
– Avoid routine use of vancomycin, extended-spectrum cephalosporins,* carbapenems, oral quinolones, and linezolid
– Follow antimicrobial prescribing guidelines from CDC, AAP, and other professional societies

Step 10. Stop treatment
– When infection in unlikely
– When culture results indicate no clinical need for antimicrobials
– When infection is cured

Strategy: Prevent Transmission

Step 11. Practice infection control
– Be familiar with recommended infection control precautions
– Consult infection control teams
– Stay home when you are sick
– Restrict visitors with symptoms of respiratory or gastrointestinal tract infections from contact with your patients

Step 12. Practice hand hygiene
– Wash your hands or use an alcohol-based hand rub before and after patient contact
– Set an example

*third (ceftriaxone, cefotaxime) and fourth (cefepime) generation cephalosporins