

ANTIMICROBIALS - I

RATIONAL ANTIMICROBIAL THERAPY IN OFFICE PRACTICE

***Palaniraman R**

Abstract: *The most common drug prescribed by a pediatrician in office practice other than paracetamol, is an antibiotic. Ninety percent of infections seen in office practice are viral in origin. Therefore, hardly 10% of children need antibiotics. Simple, safe, first line narrow spectrum antibiotics are more than enough to treat common community acquired bacterial infections. Irrational antibiotic use may contribute to increased incidence of community acquired resistant infections, increase in complications due to partial treatment and increase in cost of treatment.*

Keywords: *Antimicrobials, Children, Outpatients, Office practice, Narrow spectrum antibiotics.*

Points to Remember

- *Majority of infections seen in office practice are viral. Only 10% or less are of bacterial etiology like acute otitis media, dysentery, skin and soft tissue infection etc.*
- *In short, amoxicillin is the drug of choice for respiratory infections, cefixime for gastrointestinal and genitourinary infections, cephalosporins (1st generation) for skin and soft tissue infections and doxycycline for scrub typhus.*
- *Antibiotic resistance in community acquired UTI and skin infections are on the rise.*
- *Rational antibiotic therapy should be based on the available scientific evidence.*

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* Senior Child Health Consultant,
CR Women and Child Health Centre, Tindivanam.
email: amvarsh@gmail.com