

## **RATIONAL USE OF ANTIBIOTICS**

International and national campaigns draw attention worldwide to the rational use of the available antibiotics. This has been stimulated by the high prevalence rates of drug-resistant pathogens, such as methicillin-resistant *Staphylococcus aureus* (MRSA) and vancomycin-resistant enterococci (VRE), a threatening spread of development of resistance in Gram-negative rod-shaped bacteria and the selection of *Clostridium difficile* with a simultaneous clear reduction in the development of new antibiotics.

We should follow the principles of rational use of antibiotics. Appropriate antimicrobial stewardship that includes optimal selection, dose, and duration of treatment, as well as control of antibiotic use, will prevent or slow the emergence of resistance among microorganisms. A comprehensively applied infection control program will interdict the dissemination of resistant strains.

The Lahore General Hospital has a well-designed, comprehensive and coordinated infection control programme aimed at reducing/eliminating risks to patients, visitors and providers of care. This has been implemented in accordance with the guidelines of Minimal Delivery Standards as laid down by Health Care Commission of Punjab.

The hospital infection control programme aims at preventing and reducing risk of nosocomial infections.

The plan identifies: 1. The surveillance activities, 2. Hand hygiene procedures, 3. Isolation procedures, and 4. The responsibilities and authorities of an Infection Control Committee.

The hospital has a multi-disciplinary Infection Control Committee.

There are documented procedures for sterilization activities in the organization.

Regular validation tests for sterilization are carried out and documented.

These measures and rational use of antibiotics will go a long way in reducing the cost of treatment and stay in the hospital with better patient outcome.

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