



Roles of Nurse and Midwife in Combating Antimicrobial Resistance

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What is AMR?

- AMR occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines making infections harder to treat and increasing the risk of D/S spread, severe illness and death.
- As a result of drug resistance, antibiotics and other Antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat.

ANTIMICROBIAL RESISTANCE

A GROWING THREAT



- **AMR is a global health and development threat.**
- It requires urgent multi-sectoral action in order to achieve the SDGs.
- WHO has declared that AMR is one of the top 10 Global public health threats facing humanity.
- Without effective antimicrobials, the success of modern medicine in treating infections, including during major surgery and cancer chemotherapy, would be at increased risk (WHO, 2020).

Why is AMR a Global Concerns?

- AMR kills: Infection caused by resistant microorganisms fails to respond to the standard treatment, resulting in prolonged illness and greater risk of death.
- AMR challenges control of infectious diseases
- AMR threatens a return to the pre-antibiotic era.
- AMR increases the cost of health care.
- AMR jeopardizes health care gains to society.
- AMR compromises health systems & damages trade & economic.

- The cost of AMR to the economy is significant.
- The impacts of AMR:
 - ✓ death and disability,
 - ✓ prolong illness result in longer hospital stays,
 - ✓ the need for more expensive medicines
 - ✓ financial challenges

AMR in 2050, 10 million **Deaths** attributable to AMR every year compared to other major causes of death (NHL , Yangon , Myanmar).

AMR in Health and Development

Multi-dimensional Impact of AMR-SDGs

- **G 1: No Poverty**

AMR strikes hardest on the poor – Treatment of resistant infection is more expensive

- **G 2: Zero Hunger, Improved Nutrition**

Untreatable infections in animals threatens sustainable food production for our growing population

- **G 3: Good Health and Wellbeing**

Antimicrobials are fundamental components of all health system

- **G 6: Clean Water and Sanitation**

Antibiotic residues from hospitals, pharmaceutical companies & agriculture contaminates water

- **G 8: Decent work and Economic Growth**

Cost of AMR is predicted to be US\$100 trillion by 2050.

- **G12: Responsible consumption and Production**

Balance access, innovation & conservation of antimicrobials to contain AMR

- **G 17: Partnership for the Goals**

All of which require multi-stakeholder partnership

Common Factors driving Resistance

Human Health

Health system Factors :

- Overuse and misuses of antimicrobials
- Poor quality antimicrobial products
- Inadequate infection prevention and control
- Poor access and stock outs
- Ineffective management for easily accessibility of patients
- Lack of clean water and sanitation

Behavioral Factors:

Patients : Poor adherence to treatment,
(poor compliance of patients)
(misuse, over use , low dose,
duration, time)

:Self- medications

:Cultural beliefs

:Inadequate family support/care

Providers : Weak support to clinical practice

: Financial incentives

AMR in SEAR: Challenges

- **High burden** of infectious D/S
- **Unregulated** sale of antibiotics
- Widespread antibiotic use in **animal farming**
- **Low awareness** among professionals & public
- **Improper** food chain system & food handling
- **Inadequate** public health infrastructure & Sanitation and hygiene
- Need **strong** political commitment & low enforcement

To combat the AMR ,WHO responds by

5 strategic objectives in line with **Global Action Plan** :

- To improve awareness and understanding of AMR
- To strengthen surveillance and research
- To reduce the incidence of infection
- To optimize the use of antimicrobial medicines
- To ensure sustainable investment in countering AMR

which was endorsed at the World Health Assembly in May 2015.

- In 2018 January, First National Multisectoral Steering Committee (NMSC) for combating AMR ,Myanmar was endorsed with multi-stakeholders including MoHS(Medical Care , Public Health, NHL,FDA) Ministry of Agriculture, Education, Home Affairs, Defence , Myanmar Phama, MMA,MNMA, MHA.

- World Antimicrobial Awareness Week (WAAW) as a global campaign is held annually in every November since 2015
- ✓ to increase awareness of AMR world wide and
- ✓ to encourage best practices among the general public , health workers and policy makers
- ✓ to avoid the further emergence and spread of drug-resistant infections.
- The slogan has previously been ,
 ”Antibiotics : Handle with Care” changed to
“Antimicrobials : Handle with Care” in 2020 .

To prevent and control the spread of antibiotic resistance (Roles of Nurses & Midwives)

- Always follow infection prevention & control protocols by ensuring your hands, instruments , and environment are clean
- Only prescribe and dispense antibiotics when they are needed, according to current guidelines (make sure the right antibiotic, the right dose, for the right time and the best route).
- Talk to your patients about how to take antibiotics correctly, AR and the danger of misuse.

- Talk to your patients about preventing infections (Eg: vaccination, hand washing , safer sex, and covering nose and mouth when sneezing)
- Screen mothers & babies for infections
- Advise mothers that breast feeding boosts babies' immunity & prevents infections
- Discharge mothers & newborns as soon as they are in a good condition (to lower the risk of infection)
- Teach the mothers about hygiene & how to prevent infections.

Educating patients and public about the importance of prevention and control of AMR

- Only use antibiotics when prescribed by a certified professional
- Never demand antibiotics if you don't need them
- Always follow exactly your health worker's advice when using antibiotics
- ✓ Do not skip doses.
- ✓ Complete the prescribed course of treatment even if you are feeling better.

- Never share or use left over antibiotics
- ✓ Discard any leftover medication once you have completed your prescribed course of treatment.
- ✓ Do not save some of your antibiotic for the next time you get sick.
- Prevent infections by regularly washing hands
- Avoiding close contact with sick people,
- Practicing safer sex,
- Keeping vaccinations up to date.

- prepare food hygienically,
(following the WHO Five Keys to Safer Food)
- ✓ keep clean,
- ✓ separate raw and cooked,
- ✓ cook thoroughly,
- ✓ keep food at safe temperatures,
- ✓ use safe water and raw materials
- ✓ choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.

- Myanmar as a country going through rapid socio-political transition and institutional development also suffers with a high burden of infectious diseases.
- An ongoing challenge has been to effectively reach its 51 million population, most of whom battle Tb, ARI , Diarrhoea and malaria including amongst under 5 children.

- Government of Myanmar having instrumental in paving the way for the country to join other nations in the SEAR to speed up its plan on addressing the AMR crisis.
- Combating AMR would , however ,require highest political commitment, multi-sectoral coordination, sustained investment and technical assistance.

COMBAT ANTIMICROBIAL RESISTANCE

No action today, No cure tomorrow

- Together with our partners, we're also stepping up the fight against antimicrobial resistance, one of the most urgent health threats of our time."

(Dr. Tedros Adhanom Ghebreyesus, WHO, D G)

COMBATING ANTIMICROBIAL RESISTANCE



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