

TARGET Treating Your Respiratory Tract Infection (RTI) Pictorial Leaflet User Guide

Summary

Sharing of leaflets with patients presenting with respiratory tract infections significantly reduce inappropriate antibiotic prescribing. *The Treating Your RTI pictorial leaflet* can be used as a tool for the public and communities to increase awareness and change behaviour around antibiotic use by increasing individuals' confidence and knowledge on how to self-care for their own infections and subsequently reducing inappropriate antibiotic use.

What are the aims of the Treating Your Respiratory Tract Infection (RTI) leaflet?

The leaflet aims to easily give information, in line with NICE 63 guidance on:

- Increase awareness and change behaviour around hygiene, self-care and subsequently antibiotic use
- The natural course of self-limiting infections
- How people can self-care
- Explicit advice when to seek medical help
- Simple advice to wash their hands to reduce the spread of infection

The leaflet has four main behavioural steps which help the reader to make decisions on how to manage their own infection. The behavioural steps are:

1. How to help make yourself better
2. Check how long your symptoms last
3. Look out for serious symptoms
4. Where to get help

When to use the Treating Your RTI pictorial leaflet?

The leaflet can be used in a variety of situations and settings including in:-

- Consultations to share with patients
- GP surgery waiting rooms
- Community groups in antibiotic related activities

Why create the Treating Your RTI pictorial leaflet?

70% of antibiotics are prescribed in the community and more than 50% are unnecessary. Therefore sharing leaflets with patients presenting with RTI's significantly reduces their inappropriate use of antibiotics.

Community groups, including adults with learning difficulties, can find the TYI leaflets overwhelming due to the amount of text. The Primary Care and Interventions Unit at UK Health Security Agency (UKHSA) have therefore developed a pictorial leaflet based on the TARGET *Treating Your RTI leaflet*. The leaflet is pictorial based and uses plain English so that it is suitable for a range of community groups including adults with learning difficulties, young mothers and younger audiences like girl guiding and youth groups.

NICE alignment

The TARGET TY-RTI leaflet specifically relates to the following NICE guidelines:

- [NG15 Antimicrobial stewardship: systems and processes for effective antimicrobial medicine use](#): 1.1.31, 1.1.33, 1.1.34
- [NG63 Antimicrobial stewardship: changing risk-related behaviours in the general population](#): 1.3.2, 1.5.5 and 1.5.6

We are happy to receive feedback about how you have used this leaflet and any constructive comments on how it can be improved. Please contact us at TARGETantibiotics@ukhsa.gov.uk.