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## Case Study

### Controversial Feelings against Administering Antibiotics

Discovery and application of antibiotics is one of the most significant "revolution" in the development of medicine. However, the development of antibiotic resistance can greatly reduce their effect. In this context, the transfer of the two most important aspects to the patient and parent is as follows:

- a.) What are the longer-term adverse effects of unnecessary, non-physician-prescribed and not the proper antibiotics ;
- b.) Early termination of the prescribed antibiotic treatment.

It is important to take probiotics together with antibiotics reducing side effects. The focus points of the communication should empower the drug compliance as follows: Only take antibiotics if this is really needed. Most upper respiratory tract infections are caused by a viral infection, and the use of antibiotics is unnecessary or even harmful. If your doctor orders you to take antibiotics, you should take the medicine as prescribed. It is also important to read and follow the instructions in this leaflet: for example, how many times a day you take it, whether it is on an empty stomach or just during your meal, what dose, and what other medicines can be taken or not taken together.

### Questions

1. Please advise other focus points of the communication regarding antibiotics.
2. Creating nutrition tips for antibiotic cure?



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