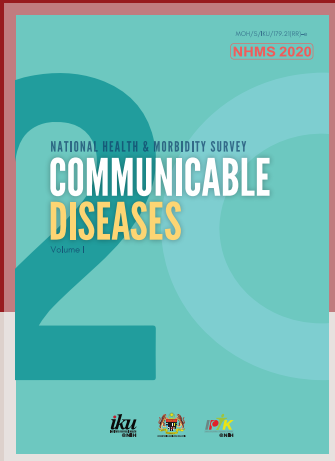


RESEARCH HIGHLIGHT

NATIONAL HEALTH AND MORBIDITY SURVEY 2020 — ANTIBIOTIC USE



This research highlight is based on **NHMS 2020 : Communicable Diseases. Volume I**

Who is this publication for?

- Policymakers
- Doctors and pharmacists at the primary level and hospitals (both government and private sectors)

Purpose of this summary

To share the main finding of NHMS 2020 focusing on antibiotic resistance and antibiotic use as well as to suggest preventive strategies and strategies for improvement.

ANTIBIOTIC RESISTANCE: HOW DOCTORS AND PHARMACIST COULD HELP?

ISSUE

The awareness of antibiotics / antimicrobial resistance is low

Antibiotics resistance occurs when the bacteria developed the ability to defeat the drugs used to kill them. This can happen when a person consumes antibiotics incorrectly [1].

WHO reported that the prevalence of awareness and knowledge regarding antibiotics resistance is still low in some certain parts of the world [2].

The National Surveillance of Antibiotic Resistance (NSAR) programme in Malaysia, showed that the Antimicrobial Resistance (AMR) rate is rapidly increasing [3].

Low awareness of antibiotics resistance will eventually affect the individual's **behaviour** and **practices**. Thus, this issue will give impacts on health and economic burden to the individuals, families, and even the country [4].

KEY MESSAGES



1 in 3 who consumed antibiotics stopped when feeling better

3 in 20

Claimed they will buy antibiotics in the pharmacy if it is not prescribed



1 in 3 claimed they will request the antibiotics from doctors if it is not given

From those who have taken antibiotics in the past one year



97.1%

got advice from doctor or nurse or pharmacist on how to take the antibiotics



95.2%

got the antibiotics from clinics

This shows that the majority of the population got their antibiotics from the correct source. However, the awareness of antibiotics resistance is still low.

WHY?



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The Institute for Public Health is the Centre for Epidemiological Survey Research for the Ministry of Health.

KEY CONSIDERATIONS

For policymakers

- To strengthen enforcement to those pharmacies and clinics that sell antibiotics without prescription

For doctors

- Doctors should follow the proper guideline for antibiotics
- To educate the patient on antibiotics resistance during the consultation and how to avoid them
- To collaborate with community leaders such as the "panel penasihat klinik", and "Ketua kampung" to initiate events such as antibiotic fun run day or campaigns on antibiotics/ antimicrobial resistance

For pharmacist

- To insert an instruction slip or to label on the antibiotics container how to take the antibiotics and clearly state on the slip that the antibiotics should be finished
- To educate the patient on antibiotics resistance medicine dispensing

METHODS

We used data from the National Health & Morbidity Survey (NHMS) 2020 to focus on communicable diseases. The NHMS 2020 was a nationwide community-based cross-sectional study design using a multistage stratified random sampling method. The survey included respondents living in non-institutionalized living quarters from 113 enumeration blocks in Malaysia. Data were analysed in account for complex survey analysis to obtain population estimates. The respondents were asked to answer 13 questions regarding antibiotics use. The questions consist of questions on awareness, knowledge and practices which were adapted from WHO Antibiotics Resistance: Public Awareness Survey. The awareness of the antibiotics resistance was obtained from the question "Have you heard about antibiotics/ antimicrobial resistance before?". The interview was done via a computer-assisted telephone interview (CATI) by the trained enumerator. The further methodology of this study will be in the NHMS 2020 methodology report.

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Disclaimer

The views, interpretation, implications, conclusions and recommendations are those of the author alone and do not necessarily represent the opinions of the investigators participating in the project nor the views or policy of the Ministry of Health, Malaysia.

This research highlight is part of a collection from the NHMS 2020:

- 1) Are you at risk of Hepatitis B?
- 2) Hepatitis B: A healthy carrier among us!
- 3) Stigma towards people living with HIV
- 4) Poor HIV knowledge among youth
- 5) Ignoring TB-like symptoms in Malaysia
- 6) **Antibiotic resistance: How doctors and pharmacist could help?**
- 7) Are Malaysians forgetting about Malaria?
- 8) Search destroy the facts
- 9) Dog ownership in Malaysia: Licensing & vaccination practices
- 10) Dog bite injuries: Intention vs practise of good health seeking behaviour

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