

## **Soundbite Script – Do you really need that antibiotic?**

**Michelle Brady, dean of Graduate Affairs and Research for Saint Anthony College of Nursing in Rockford**

“Antibiotic resistance is when bacteria no longer respond to the medications or antibiotics that we give you to treat an infection. It's a change in the bacteria, not a change in us. (:11)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“You really have to talk to patients at a level they can understand instead of using a bunch of jargon that can leave them frustrated. I make sure they know exactly what they're getting, what I recommend, what our follow-up plan would be and answer any questions they have.” (:26)

**Michelle Brady, dean of Graduate Affairs and Research for Saint Anthony College of Nursing in Rockford**

“In the last three to five years we have put more emphasis on health and wellness than we used to – good exercise, good sleep, good nutrition – all help you maintain a healthier, robust immune system. I think we've done a really good job of making sure that each provider understands they have ownership in this and that starts with prescribing appropriately. But also taking the time to educate your patients as to why they think they need that antibiotic. Give them alternatives as to what they can do to feel better. It's more than just giving them a prescription. It's listening to them and listening to what their concerns are and helping them find a solution that may not be a prescription antibiotic.” (:48)

**Alissa Bartel, nurse practitioner, OSF HealthCare**

“If your body is stressed and your chronic conditions are not well cared for, you are at greater risk of developing any of these infections, which can turn serious very quickly,” she says. “So stay up to date on your visits with your primary care provider, ask them questions and try to stay as healthy as possible to prevent illness without using antibiotics.” (:21)