

Post-test Questions

1. Define the term "antibiotic resistance".
2. Describe at least one way that germs become resistant to antibiotics.
3. Define at least three factors that can lead to antibiotic resistance in LTCF residents.
4. List at least three action steps that you can take in your nursing practice to prevent antibiotic resistance and the spread of antibiotic-resistant germs in LTCF.



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Post-test Answers

1. Define the term "antibiotic resistance".

Answer: Antibiotic resistance is the ability of a germ to mutate or change so that antibiotics can't kill it.

2. Describe at least one way that germs become resistant to antibiotics.

Answers:

- Changes in genes (mutations)
- Pick up new genes from other bacteria (gene transfer).

3. Define at least three factors that can lead to antibiotic resistance in LTCF residents.

Answers:

- Taking antibiotics for a viral infection
- Not completing an antibiotic prescription
- Use of a broad-spectrum antibiotic (ciprofloxacin) when a narrow-spectrum antibiotic (penicillin) would be effective
- Prescribing antibiotics for too many days

4. List at least three action steps that you can take in your nursing practice to prevent antibiotic resistance and the spread of antibiotic-resistant germs in LTCF.

Answers:

- Take antibiotics only for bacterial infections. Let your healthcare provider decide if antibiotics are needed to treat your infection!
- Do not demand antibiotics for yourself, your family, or LTCF residents.
- Finish the entire prescription - even if the symptoms resolve. Not completing a course of antibiotics contributes to antibiotic resistance.

- Do not share antibiotics with others - even if they have the same symptoms.
- Stay home from work when you're sick.
- Get a flu shot every year.
- Follow recommended infection prevention and control practices:
 - At a minimum, use Standard Precautions in the care of all residents.
 - Practice excellent hand hygiene; clean your hands every time you provide care for a resident.
 - Cover your cough or sneeze with a tissue or use your sleeve (near the shoulder or elbow).
- Educate residents and family members about antibiotic resistance and infection prevention measures.
- Be aware that symptoms of bacterial and viral infections are often similar and that antibiotics don't work against viral infections.
- Recognize a resident's change in condition early and communicate clearly and accurately to the resident's nurse.
- Document observations in the resident's medical record, according to the facility's protocol.