

Careful Antibiotic Usage – Pediatric Treatment Guideline

MVP Health Care®, as part of its continuing Quality Improvement Program, has endorsed anti-infective guidelines to address the growing problem of antibiotic resistance. The recommendations focus on preventing antibiotic resistance in children and are from the Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP).

Scope of the Problem

Antimicrobial resistance is a growing problem throughout the world. Over-use of antibiotics is common among the pediatric population. This is due partly in fact to perceptions on the part of physicians as well as parental expectations regarding the need for an antibiotic in conditions that are most often viral, such as acute upper respiratory infections. In the United States, most antibiotic health care expenditures are due to prescribing in outpatient settings. Much of this prescribing is inappropriate, with research showing that at least 30% of antibiotic use in outpatient settings is unnecessary. Physician tools that outline appropriate prescribing and associated educational materials for parents on the dangers or inappropriate use of antibiotics can help reduce this problem.

Guideline Availability

The CDC *Core Elements of Outpatient Antibiotic Stewardship* are available at the following site: [Core Elements of Antibiotic Stewardship | Antibiotic Prescribing and Use | CDC](#)

The CDC provides educational resources, including continuing education and training opportunities, for health care professionals available at the following site: [Antibiotic Stewardship Trainings | Antibiotic Prescribing and Use | CDC](#).

The New York State Department of Health (NYSDOH) provides *Adult and Pediatric Antibiotics Guidelines* along with additional information and resources for health care professionals and patients about appropriate antibiotic use, available at the following site: [Antibiotic Resistance | NYSDOH](#)

Additional Support

To support providers in efforts to reduce inappropriate use of antibiotics, MVP makes tools available free of charge at [Quality Programs and Initiatives | MVP Health Care](#) In addition to the guidelines and Physician Information Sheets noted above, the following tools may also be useful:

- [Patient Education Resources | Antibiotic Prescribing and Use | CDC](#) – Resources include print materials, video and audio messages, as well as web images and graphics for health care providers to use when communicating patients and parents of children about the appropriate use of antibiotics, including that taking antibiotics may not always be the answer and should only be taken when needed. [Day Care Letter \(cdc.gov\)](#) - these forms

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can be filled out by the physician for the parent to give to their child's day care provider instructing them that he/she may return to the day care when fever-free. Often, day care providers may require a child be started on an antibiotic prior to returning to their care - this letter clarifies the role of antibiotics and that they are not effective in treating viral illnesses.

- [NYSDOH Viral Prescription Pad in Multiple Languages](#) - a tool developed for health care professionals to hand the patient if an antibiotic is not warranted. These are available in multiple languages.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care reviews its clinical guidelines annually. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **800-777-4793**.