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The Rotary Club of Wynberg

Wynpress

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## Editorial

### Wake Up South Africa! The Antibiotic Horse Has Bolted

Submitted by Dr Bruce Dietrich

Decades of poor medical and veterinary antibiotic prescribing, and a lack of regard for the practice of infection prevention and control (IPC) in our hospitals have left South Africa, like the rest of the international community, on the brink of a return to an era of untreatable bacterial infection. The recent emergence in South Africa of bacteria carrying the highly mobile New Delhi gene, which has been associated with the rapid spread of resistant Enterobacteriaceae (CRE), and for the first time in Africa, *Klebsiella pneumoniae* carbapenemases, will have a profound effect on the lives of our patients and on the health service. The acquisition of drug-resistant hospital-acquired infections (HAIs) increases morbidity, mortality and the cost of patient management to an already beleaguered health system by increasing the duration of hospital stay, often in expensive intensive care units (ICUs), and antibiotic prescribing costs.

Unlike the case of multidrug-resistant (MDR) and extensively drug-resistant tuberculosis, the situation we find ourselves in with Gram-negative bacteria cannot be blamed on poor patient-compliance, or merely on the introduction of resistant strains from foreign climes. Rather, this is a home-grown problem, generated and perpetuated by doctors, nurses and allied healthcare workers in South Africa.

For resistant Gram-positive bacteria, there often remain more expensive antibiotic options. However, the situation for managing Gram-negative bacteria is far more serious. Bacteria resistant to all drugs are already documented. Most worrying of all is the total lack of new antibiotics against Gram-negative infections in the antibiotic pipeline for the next 10 – 20 years.

How are we to respond to the wider issues of antibiotic stewardship in South Africa at this late stage, even though the 'horse has bolted'? We must force a return to rational antibiotic prescribing through strong antibiotic stewardship, with equal emphasis on addressing IPC to prevent the spread of already resistant bacteria between patients.

We must move forwards to a situation where all healthcare providers in this country become advocates for infection prevention and control, and practice what they preach. Trained IPC officers certainly have a role to play in governance of IPC, and government must meet its obligations to fund posts for IPC officers to meet standard norms. However, no numbers of IPC officers in a hospital can prevent the spread of MDR bacteria if healthcare workers fail to disinfect their hands between patients. And here lies the one real issue for the future in terms of IPC. The changes that need to be put in place are simple. They do not require complex systems or costly financial interventions. There are few unknowns in this field, and research and clinical findings from other countries are equally relevant in our setting. Each healthcare institution in this country must have administrative and environmental policies in place to enable them to correctly identify and isolate patients with MDR bacterial infections, and must provide running water, soap and hand disinfectants as well as the personal protective equipment required to ensure standard precautions against spread.

The drivers for change in antibiotic prescribing are less simple. Rational antibiotic prescribing requires a basic knowledge of the mechanisms of action of antibiotics, the leading causes of a particular infection, and the resistance patterns of bacteria in the local healthcare setting. Outside of central and private hospitals, surveillance of antibiotic resistance is rarely practised, hampering rational prescribing.

A move towards rational antibiotic prescribing must be embraced by all prescribers in South Africa and requires a commitment to education. The rise of CRE is due to misuse and overuse of all antibiotics. We need to reduce the overall consumption of antibiotics, and to input the duration of therapy in accordance with evidence based guidelines when available, or expert opinion when not. We need to know what we are treating, and to be able to de-escalate from broad-spectrum empiric therapy to targeted narrow-spectrum antibiotics that are less likely to lead to resistance.

The horse has indeed bolted, but it is not too late to limit the emergence and spread of resistant bacterial infection in South Africa. To achieve this goal, there must be a sea-change in practice, and a means to control prior prescribing practice should it continue in our hospitals.

## Duty Roster

	AUGUST		SEPTEMBER	
	20	27	3 (Business)	10
<b>Sergeant</b>	Murphy	Overbosch	Schreiber	Todd
<b>Wynpress Editorial</b>	Gavin	Gowdy	Hovstad	Jackson
<b>Minutes for Wynpress</b>	Howard	Smith	Smith	Cleveland
<b>Door Duty</b>	Howard	Jackson	James	Lidgely
<b>Grace</b>	Van Wyk	Vivian	Barnard	Bredenkamp
<b>Loyal Toast</b>	Munday	Murphy	O'Driscoll	Overbosch
<b>International Toast</b>	Klotz- Gleave	Lidgely	Munday	Murphey
<b>Speaker Introduction</b>	Dessington	Dietrich	N/A	Gowdy
<b>Speaker Thanks</b>	Van Niekerk (K)	Van Wyk	N/A	Vivian
<b>Find Speakers</b>	Bredenkamp, Cleveland, Munday, Howard, van Eeden		Barnard, Jackson, Maunder, Van Niekerk, Vivian	



# Minutes

## 13 August 2015

Compiled by: Keela van Niekerk

Attendance, Apologies & Make-ups	36 people were present at our meeting (including guests).
Visitors	<ul style="list-style-type: none"> <li>• Norman Henshilwood Interact Club members</li> <li>• AG: Paul and his wife</li> <li>• Wynberg Rotaract Members</li> <li>• Wenche Hovstad</li> </ul>
Fellowship Announcements	<ul style="list-style-type: none"> <li>• Welcome back to Graham Todd from holiday</li> <li>• Congratulations to Justin and Ruth on their engagement</li> <li>• Adele Michalowsky's Birthday on the 16 August and it was Stephen VN birthday on the 9<sup>th</sup> of August.</li> </ul>
Slots	<p><u>Quiz night</u>; Reminder to book your table for the <a href="#">Quiz Night (20 September)</a> by emailing <a href="mailto:literacy@wynbergrotary.org.za">literacy@wynbergrotary.org.za</a> (R100 per person including R60 meal voucher – Tangos).</p> <p><u>Interact Workshop</u>; Discussed details of the <a href="#">Interact workshop</a> that was held on 15 September. Thank you to everyone who attended and helped to make the event possible.</p> <p><u>Norman Henshilwood's Interact Induction</u>; New Interact President, Ameera, was inducted as the new president of Norman Henshilwoods High school.</p>
Guest Speaker	<p><u>Geraldine Nicol (District Governor for 2015/2016)</u></p> <ul style="list-style-type: none"> <li>• Geraldine spoke mainly about the need for clubs to challenge themselves with partnering with different communities, clubs and organisations to have a greater impact on the projects and people we help. She challenged us to two things, firstly, to try and be more sustainable, so that we create projects that can be self managed in the future. Secondly to find a project that will assist with the economical development of our country. The district is currently planning an entrepreneurial conference which will be held in February 2016.</li> <li>• Geraldine mentioned that we should put Rotary signs outside the projects we support, specifically Victoria Hospital.</li> <li>• Geraldine emphasised the reasons why rotary was started; fellowship, to create a business network and “service above self”.</li> <li>• For more information, please visit the district website.</li> </ul> <p><u>Jenny Howard (Head of Youth Services for District 9350)</u></p> <ul style="list-style-type: none"> <li>• Explained in detail all areas that of youth services, such as; RYLA, Interact and earlyact. Jenny reminded us that Rotaract no longer forms directly under youth services, but is now seen as a Rotary club partner.</li> <li>• Jenny congratulated our club on the progress we are making in this avenue of service.</li> </ul>
Jackpot	Prize Money was R1230, Monique (Wynberg Rotaractor's name was drawn) however she was unable to draw the winning card. John Vivian won the attendance prize of R40.
President's quote	Alone we can do so little, together we can do so much” Helen Keller
Next Meeting	Next meeting will be at the Palms, however the following meeting will be at Khanyisa school (our new project) – more details to follow.

# Going forward

## Dates to Diarise

<b>Thur Aug 20:</b>	<b>Speaker: Dr Moodley, CEO Victoria Hospital</b>
<b>Thur Aug 27</b>	<b>Normal meeting : at Khanyisa (Jackie)</b>
<b>Thur Sep 3:</b>	<b>Business meeting</b>
<b>Sat Sep 12</b>	<b>Social / weekend visit to Renosterveld: (Alan)</b>
<b>Thur Sep 17:</b>	<b>Quiz Evening @ Tangos! (Justin)</b>
<b>Wed – Fri 7-9 Oct:</b>	<b>Rotary Family Health Days</b>
<b>Sat Oct 24:</b>	<b>District Mini-conference – Worcester</b>
<b>Thur Nov 26:</b>	<b>Election of Office Bearers</b>

See the WRC [calendar](http://wynbergrotary.org.za/calendar/) (http://wynbergrotary.org.za/calendar/ ) for full details.



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**THE BEST WAY TO FIND YOURSELF  
IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS.  
GANDHI**