Beat The Bugs: A community e-Bug educational programme on hygiene, antibiotics and self-care to fulfil NICE guidance recommendations

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BACKGROUND INFORMATION

- e-Bug is a European project that educates 5 to 18 year olds about prudent antibiotic use, hygiene, and the spread, treatment and prevention of infection.
- e-Bug school resources include lesson plans, worksheets and activities. A student website hosts games and revisions guides.

AIMS

We aimed to extend e-Bug’s reach into the community by developing flexible activities to use in different settings.

PILOT COURSE CONTENT AND FEEDBACK

Meet the Bugs

- Introduced: different types of microbes
- where they can be found
- microbes can be both useful and harmful

"I will keep myself clean and healthy" (Participant)

"I liked seeing how much sugar was in things" (Participant)

Mouth Bugs

Includes:
- what causes tooth decay
- how to prevent decay
- how much sugar is found in different soft drinks

"How much sugar do different drinks contain?" (Participant)

"A mouth model could be used to demonstrate how to brush teeth effectively.

Spreading Bugs

Included:
- hand washing with UV light
- the ‘snot gun’, showing how far sneezes travel

"Washing hands was the best bit [of the course]" (Participant)

This session was a good introduction to microbe. More visual aids would help stimulate discussion.

Food Bugs

Covered:
- food hygiene
- where to store food correctly in the fridge
- the meaning of common labels found on food

"Loved interactions and questions about daily lives" (Course leader)

This session had the most participant questions and discussions. It would benefit from more visual aids for demonstrations.

Know Your Bugs

This session summarised the whole course:
- Participants looked back at their pledge sheets from previous sessions
- They recorded key things they would change in their behaviour.

"The course is so relevant to our daily lives" (Course leader)

A good session to end the course and reinforce behaviour change.

Bug Busters

Focused on:
- antibiotic resistance
- antibiotic use.

"I will tell all my friends about it" (Participant)

Participants found this session challenging.
- They understood how to take antibiotics correctly but not why it was important.
- More information is required for the course leader.

Knock on Microbes

Where should food be stored in the fridge?

This activity could have been more interactive.

METHODS

- Beat the Bugs was developed by e-Bug and Kingfisher Treasure Seekers, a community group in Gloucester.
- The course comprises of 6 x 90 minute sessions covering: Introduction to Microbes, Hand and Respiratory hygiene, Food hygiene, Oral hygiene, Antibiotics and a final session on self-care and action planning for the future.
- Each session has activities to suit different abilities.

KNOWLEDGE & BEHAVIOUR CHANGE

At the 3 month follow up, participants reported:
- remembering where to store food in the fridge and why we wash our hands
- washing their hands more often
- using the 6 steps of hand washing
- brushing their teeth more often
- continuing to look at sugar content in drinks
- consuming less high sugar drinks
- they knew that antibiotics should be taken as prescribed by the doctor

DISCUSSION & IMPLICATIONS

- Overall participants enjoyed the course.
- The follow up suggested that knowledge, awareness and behaviour had improved.
- The course is flexible and can be adapted to suit a range of abilities.
- The number of visual components should be increased and reading decreased.
- Updates will be made and the course will be rolled out to a range of community groups.

CONTACT

If you would like more information or want to be involved in a further pilot or evaluation of the Beat The Bugs course, please contact us:

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e-Bug is operated by Public Health England