

What is Antimicrobial Resistance? (AMR)

What are Antibiotics?

Antibiotics are types of medicines that will search out and destroy bacteria that make you sick. Antibiotics are chemicals which can help your body by killing the harmful bacteria cells or stopping them from growing. They can recognise the bacteria cells because they are different to the cells in your body. Penicillin was the first antibiotic to be discovered and was made from mould!

Infections can be caused by bacteria (germs), viruses, parasites or fungi. Antibiotics are used to treat bacterial infections, such as pneumonia or a urinary tract infection. Antibiotics do not help to treat viral infections such as the common cold, a viral cough or influenza (the flu).

 In your group, write down the times you have had antibiotics in your life and what they were for (if you feel comfortable enough to share).

So, what is Antibiotic Resistance?

Antibiotic resistance occurs when bacteria change in a way that causes antibiotics to become less effective or to not work at all. When bacteria come into contact with an antibiotic or antibacterial, the weaker bacteria die, but stronger ones survive.

When the strong bacteria multiply, more and more strong bacteria are produced that are resistant to the antibiotic.

Bacteria become stronger when they change, which reduces the effectiveness of antibiotics. For example, some bacteria can break down antibiotics or prevent the antibiotic from attaching to the site it needs to work.

Bacteria can change more than once so that they are resistant to several antibiotics. This makes some bacteria very hard to kill.

 In your group, take five minutes to write down the things that could happen if our bodies become resistant to antibiotics?

Why is Antibiotic Resistance becoming a problem?

Antibiotic resistance is a growing public health concern. It is a problem because we need antibiotics to treat bacterial infections that our bodies need help to get rid of.

When bacteria are resistant to antibiotics, doctors have a hard time finding other antibiotics that will work to kill the bacteria. For example, this means that if a person gets an infection from antibiotic-resistant bacteria, they can become very sick and more difficult to treat.

How can we prevent Antibiotic Resistance?

There are a few small steps we can take to help the Antibiotic Resistance fight;

- When you are prescribed Antibiotics, take the full prescription, even if you start to feel better.

- Always take the right dose of Antibiotics
- Never take Antibiotics that have not been prescribed to you by your DR
- Never share Antibiotics with others or use leftover prescriptions.
- Wash your hands regularly

Remember, each time you take an antibiotic when it is not necessary, the effectiveness of the antibiotic decreases and it might not work the next time you really need it.



Now we have the background information about Antibiotic Resistance, it's time to start writing ideas down for our play.

In your groups, please work through Worksheet 2 and when finished move onto Worksheet 3.

Worksheet 2

TASK ONE

What is our theme?

Ok, so we know we have to devise a play on Antibiotic Resistance, but what will be our theme throughout the play?

A theme is a question or a statement that resonates deeply with a wide range of people.



In your groups, write down as many themes as you can think of (sticking to our Antibiotic Resistance topic).

This is all about exploring ideas, so THERE IS NO RIGHT OR WRONG ANSWER, just have a go.

To start you off...

- What can we do to be a part of the Antibiotic Resistance solution?
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TASK TWO

Who is our main character?



In your groups, write down ideas about a main character for our story. Start with the vital questions to help devise your character. Who, What, Where, Why, When and How?

Also think about how they are associated with Antibiotic Resistance? For example, do they use Antibiotics a lot?

Worksheet 3

TASK THREE

Brainstorm Scene Ideas

This is where your imagination comes into action, using the information that we have looked at in the earlier part of our session.



In your group, use the flipchart paper to write down scene ideas that fit to some of your themes and the characters that you have created.

For example, you may have a character who is always going to the Dr's demanding Antibiotics for something which Antibiotics cannot treat such as a cold, or cough.

Here are a few tips to help:

- Be as imaginative and crazy as you like with your ideas
- Try and use your own experiences of antibiotics
- Think of where your scenes may be placed within our story? Is it at the beginning, middle or end?
- Look at the factual information, how can we bring them to life in a play?