NHS practices employing GPs additionally trained in integrative or complementary medicine have lower antibiotic prescribing rates

**BACKGROUND**

74% of antibiotics are prescribed in primary care, making it a major contributor to the development of antimicrobial resistance.

**METHOD**

Data from: 7,283 GP practices

9 practices had GPs additionally trained in integrative or complementary medicine (IM/CAM).

**RESULTS**

Practices with GP(s) additionally trained in IM/CAM were:

- 22% less likely to prescribe antibiotics
- (26% less likely for respiratory tract infections.)

**CONCLUSION**

Practices with GPs additionally trained in IM/CAM have statistically significant lower antibiotic prescribing rates.

More research is needed to explore this potential for reducing antibiotic prescribing in primary care.

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