

# 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.