

what general practitioners are doing in the doctor's office.

One of the proposed measures would make it possible to get diagnostic codes for antibiotic prescriptions from the Norwegian Prescription Database. Every time a GP prescribes a drug, the prescription is supposed to include a diagnosis. By being able to see patterns, supervisors can act if a GP seems to be prescribing antibiotics randomly.

Berild says hospitals also need a digital system that can monitor the use of antibiotics by in-house doctors and divisions. A similar system has been used in several Swedish hospitals with success, he said.

Medical tourists and unwanted superbugs

Norway is far better situated than most other countries in Europe in terms of antibiotic resistance, but superbugs are an increasing problem in the country's hospitals, Berild said.

He thinks the growth in antimicrobial resistance is due both to the over-prescription of antibiotics by Norwegian doctors, and also to the import of resistant bacteria that are inadvertently brought home by Norwegians travelling abroad.

"The further east and south you go in the world, the greater your danger of being infected by resistant bacteria," he said. "It's risky to be treated in hospitals in many places in the world, and no one should do so voluntarily."

He doesn't think that people should stop travelling, but thinks that medical tourism is risky, whether it is travelling to India for breast implants or to the Baltics for dental work.

Teaching the next generation

Lindbæk is working with Siri Jensen, a researcher at the University of Oslo's Department of Family Medicine, on an interactive game about antibiotic resistance called e-Bug.

The program, developed by Public Health England, has been tailored to Norwegian children and will be presented at the Oslo Science Fair during Science Week 2015. It has been used by many European countries that are struggling with antimicrobial resistance problems.

"Our children are the future users of antibiotics. We must teach them from when they are young that antibiotics are a limited resource. When they get an infection, antibiotics should not be the first thing they think of," says Lindbæk.

[Read the Norwegian version of this article at forskning.no](#) [7]

 [Dag Berild has worked with antimicrobial resistance ever since 2004, when he wrote his dissertation on methods to improve the use of antibiotics. He has been monitoring the antimicrobial resistance situation and has seen the problem arrive in Norway. If we don't act soon, the future looks very grim, he says. \(Photo: Terje Bringedal, scanpix\)](#) [8]

 [The interactive learning game e-Bug has been used in many European countries struggling with antibiotic resistance. It has now been translated into Norwegian to teach the country's children and young adults about antibiotic use. \(Photo: e-Bug\)](#) [9]

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