

Abstract

Background: Acute bronchitis is estimated to rank as the 5th leading reasons for outpatient visits (Terry, 2017). A cough is the main distinctive feature of acute bronchitis caused by a biological response defense mechanism of the body to damage tissue swelling on the trachea and large airways without having pneumonia symptoms. There is a common public misconception that acute bronchitis must be treated with an antibiotic. This public perception creates a considerable patient expectation that providers will concurrently prescribe these harmful medications. There is an increasing growth in antimicrobial resistance that has been a worldwide problem. Implementation of evidence-based strategies in this project will reflect a change and improvement in clinical practice as well as patient care outcomes. It will also contribute to establishing an empirically based knowledge.

Objective: The purpose of this project is to implement an evidence-based protocol guideline, *Acute Bronchitis Treatment Guideline (ABTG)* for providers to follow to decrease unnecessary antibiotic prescription practices to reduce unnecessary antibiotic prescriptions and guide appropriate treatment regimens for acute bronchitis.

Methods: The protocol was implemented in a Southern California Urgent Care. A pre-test and a posttest intervention questionnaire were performed.

Results: The data collected revealed a decrease of 11.6% in antibiotic prescriptions for acute bronchitis post intervention. The scoring percentage of the pre-intervention questionnaire was a mean of 89.74%. The scoring percentage of the post-intervention questionnaire was a mean of 100%. The increase in the knowledge questionnaire score was 10.26%. A significant improvement in knowledge questionnaire was noted with paired $t(5) = -2.697, p = .043$.

Keywords: acute bronchitis, guidelines, protocols, urgent care, antibiotic prescriptions