

药师处方管理对抗菌药物使用干预与分析进展

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【摘要】 抗菌药物的不合理使用是全球公共卫生面临的重要挑战。为提升临床用药的安全性及有效性, 本文系统探讨了药师在抗菌药物处方管理中的干预策略与实践进展, 涵盖目录遴选、处方前审核与点评、实时反馈机制、团队协作模式等关键环节。在信息化与人工智能技术的支持下, 药师主导或参与的干预措施有助于提升处方审核的规范性与时效性, 减少广谱抗菌药物滥用, 改善患者预后。随着各类政策指南的发布与医保激励机制的推动, 药师在抗菌药物管理中的作用日益凸显。本文旨在为我国抗菌药物合理使用策略的优化提供理论依据与实践参考。

【关键词】 药师干预; 抗菌药物管理; 处方审核; 智能预警系统; 合理用药

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Advances in pharmacists' prescription management: intervention and analysis in antimicrobial use

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【Abstract】 The irrational use of antimicrobial agents is an important challenge for global public health. In order to improve medication safety and efficacy in clinical practice, this article systematically explores pharmacist-led interventions and current advances in antimicrobial prescription management, focusing on key processes such as catalog selection, pre-prescription review and evaluation, real-time feedback mechanism, team collaboration mode, etc. With the support of information technology and artificial intelligence, interventions led or participated by pharmacists can help improve the standardization and timeliness of prescription review, reduce the abuse of broad-spectrum antibiotics, and improve patients' prognosis. With the release of various policies and guidelines and the promotion of medical insurance incentive mechanisms, the role of pharmacists in antimicrobial stewardship is becoming increasingly prominent. This study aims to provide theoretical guidance and practical insights for optimizing antimicrobial use strategies in China.

【Keywords】 Pharmacist intervention; Antimicrobial management; Prescription review; Intelligent alert system; Rational drug use

抗菌药物是现代医学治疗的重要支柱, 但其滥用与不合理使用已构成全球公共卫生重大威胁, 其耐药性被列为十大公共健康问题之一。由

于多重耐药菌频发, 新药研发缓慢, 感染治疗风险加剧, 预计 2050 年全球耐药相关死亡将达 1 000 万^[1]。在此形势下, 药师处方管理作为遏制

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滥用、提升用药规范的重要手段，干预效果亟待系统评估与优化。

1 抗菌药物临床使用现状与挑战

1.1 抗菌药物使用现状

受国家医保政策及相关部门用药规范的影响，部分地区抗菌药物使用量虽有所下降，但广谱抗菌药物使用率仍偏高，耐药问题持续加剧^[2-3]。2013年至2021年，住院患者抗菌药物使用量虽下降至38 DDD（每100人天中累计消耗的限定日剂量），但仍高于欧美水平^[3]。其中资源短缺与人员能力不足导致基层医疗机构抗菌药物滥用尤为突出^[4-6]。另一方面，门诊儿童抗菌药物处方率高达43.5%，广谱抗生素使用率达84.8%^[7]；某三甲医院手术患者抗菌药物预防使用率达88.1%^[8]。可见抗菌药物管控虽加强，基层及特定人群中的滥用问题仍较突出。

1.2 医师决策困境与信息不对称

2024年《柳叶刀》的一项研究显示，抗菌药物使用中的剂量不当、疗程不合理及经验性用药仍较普遍。2021年抗菌药物耐药性致死约114万人，预计2050年将达到191万^[9]。信息不对称、病原学数据缺乏及医护协同不足等因素，使经验性、广谱抗菌药物使用长期的问题依旧是其主要原因^[10-12]。

1.3 特定人群的过度使用

儿童与手术患者为抗菌药物使用高风险人群。在儿童肺炎治疗中，虽然指南推荐首选阿莫西林或青霉素，第三代头孢和大环内酯类仍被过度使用^[13-15]；而术后用药超48 h现象亦普遍存在^[16]，无形中加重医疗负担并助长耐药基因扩散^[17-18]。药师通过处方审核、疗程管理与信息化手段，在精准用药与遏制滥用中发挥关键作用，是推动抗菌药物管理项目（antimicrobial stewardship programs, ASPs）体系建设的重要力量。

2 药师处方管理在抗菌药物管理中的作用

药师在抗菌药物管理中承担目录科学遴选与动态优化的重要职责。国际共识强调，目录应依据循证医学、病原学数据及本地耐药谱持续调整^[19-21]。药师应从处方管理角度出发，平衡临床需求与风险控制，避免高风险抗菌药

物滥用。通过评估抗菌活性、药动学/药效学（pharmacokinetics/pharmacodynamics, PK/PD）特征及处方趋势，识别用药风险并提出限制性建议，构建科学可控的药物结构体系^[22-23]。在ICU等高风险科室，药师基于PK/PD模型制定个体化方案，有效提升疗效、优化资源，并显著降低广谱抗菌药物误用与多重耐药菌传播风险^[24]。因此，将药师纳入抗菌药物目录评估与处方决策核心，有助于推动抗菌药物管理向科学、精准、可持续方向发展，是抗菌药物合理使用策略中的关键一环。

借助电子健康档案（electronic health records, EHR）与临床决策支持系统（clinical decision support system, CDSS），药师可综合分析用药数据与病原谱信息，遴选兼具安全性、有效性与经济性的抗菌药物纳入目录^[25]。同时，药师定期组织评审会，结合指南更新、药物上市与耐药趋势，对目录进行动态调整，并制定审核标准与使用策略，确保管理符合本地与国际规范^[26-27]。严格的目录管理与审核机制有助于减少不合理处方与广谱抗菌药物暴露，改善临床预后^[28-30]。药师在“处方—评估—目录优化—临床指导”闭环中发挥核心作用，推动形成以数据驱动、需求导向的合理用药管理体系，为政策制定与临床路径优化提供实践依据。

3 药师处方管理对抗菌药物使用的干预模式

3.1 事前处方审核与事后处方点评

处方审核是医生开具处方后、药物发放前的干预措施，由药师联合医生等对处方进行前瞻性评估。研究表明，该模式可显著降低广谱抗菌药物相关的耐药感染与死亡风险^[31-32]。借助CDSS与EHR系统，审核人员可结合患者病史及本地耐药特征，提供精准的用药建议^[33-34]。

处方点评是在用药执行后，通过回顾性数据分析结合临床结局与耐药趋势，评估处方合理性，指导后续改进。有研究表明，定期点评有助于发现不合理用药，推动医师更好地遵循处方规范^[35]。同时，点评结果为ASP团队调整药物目录与政策提供数据支持。

处方审核与处方点评构成抗菌药物管理的核心机制。前者侧重实时干预与精准用药，后者通过回顾性分析优化后续治疗与政策制定。两者互为补充，形成闭环干预。随着大数据与算法技术

发展, 审核系统正向高效化、智能化演进, 提升干预的及时性与循证性。

3.2 实时反馈和处方调控

随着智能化技术发展, 实时反馈与处方调控已成为重要干预手段。将 CDSS 或人工智能 (artificial intelligence, AI) 工具嵌入处方系统, 其可自动识别不合理用药并提供循证推荐^[36-37]。研究表明, AI 算法可提升审核效率与高风险患者识别能力, 显著改善处方质量与临床结局^[38-39]。结合审核结果与疗效、微生物数据与耐药趋势, 医疗机构可构建闭环式用药管理模式, 可利于提升处方合规性与患者预后。未来应深化 AI 模型与大数据融合, 推动处方审核向精准化、智能化与个体化方向发展。

3.3 临床药学服务团队协作模式

单一干预难以有效遏制不合理用药, 多学科团队 (multidisciplinary team, MDT) 协作已成为抗菌药物管理的重要模式。在 MDT 模式中, 药师在团队中不再局限于药品管理, 而是基于 PK/PD 参数与耐药谱, 参与治疗方案制定与个体化用药建议^[40-41]。研究表明, MDT 协作可显著提升用药合理性与治疗效果。护士负责实施与监测, 感染学专家提供流行病学支持, 信息工程师保障系统运行, 保障团队高效协同与干预措施的精准执行^[42-43]。现代信息系统 (如 CDSS、EHR) 提升了团队成员间信息共享效率与协作水平, 使药师在多学科讨论中能基于循证数据参与复杂用药方案制定。该协作机制可显著提高干预的时效性与精准度, 为控制医疗成本及推动抗菌药物管理精细化发展提供坚实支撑。

4 信息化与智能化处方审核系统

4.1 CDSS的应用与优化

CDSS 作为智能化审核核心工具, 通过整合 EHR、实验室及病原学数据, 为医护人员提供基于证据的实时用药建议。近年来, 研究聚焦于提升其算法性能、个体化处理能力与用户体验^[44]。引入 AI 与机器学习显著增强了系统在风险预测、处方识别和疗程推荐方面的准确性与敏感度^[45]。为避免“警示疲劳”, 优化人机交互设计亦成为关键方向^[46]。CDSS 与电子处方系统联动后, 可实现实时预警与合理用药推荐, 减轻人工审核负担, 提高干预效率与准确率^[47-48]。该平台也为大

数据分析与抗菌管理策略研究提供技术支撑。

4.2 智能提醒和警示系统的建设与应用

智能提醒系统通过实时扫描处方与用药数据, 自动识别潜在的不合理用药、相互作用及剂量问题, 并向相关医护人员发出警示, 促进处方及时调整^[49-50]。系统可嵌入临床流程, 减轻决策负担, 提升审核效率。为应对“警示疲劳”, 研究建议采用分级预警策略, 结合处方复杂度动态调整提示强度^[51]。此外, 借助自然语言处理与机器学习, 系统可分析患者记录与耐药趋势, 提升干预的针对性与个体化水平^[52]。随着技术演进与临床反馈积累, CDSS 与智能提醒系统的性能与应用效果持续优化。未来应加强 MDT 协作, 深化大数据与 AI 技术融合, 推动标准化指南与数据共享平台建设, 并引入个体化医疗理念, 构建精细化、智慧化、可持续的处方管理体系, 以应对全球耐药性挑战。

5 药师处方管理干预效果

在全球耐药性压力加剧背景下, 医疗机构日益重视药师干预在抗菌药物管理中的作用。研究表明, 药师介入可显著提升合理用药率与处方合规性^[53]。2022 年数据显示, 药师主导的审核与决策支持工具将肺炎患者的治疗时长缩短, 用药合理性提高近 20%^[54]。此类干预不仅减少广谱抗菌药物使用, 降低不良反应和住院成本, 且持续干预下 DDD 值显著下降, 表明资源配置更为优化^[55]。研究证实, 在多学科协作与信息化技术支持下, 药师干预可显著提升处方合规率, 缩短不当用药时间, 降低耐药发生率并改善患者结局^[56]。相关经验为优化抗菌药物管理政策、加强药师队伍建设及推动智慧医疗发展提供了重要参考。

6 影响药师处方管理干预效果的因素

6.1 医院管理模式与政策支持力度

医院管理层在资源配置、人员编制与绩效考核方面的导向直接影响 ASP 团队的运行效率。2023 年加州 179 家医院调查显示, 设有抗菌药物管理岗位的医院在审核、反馈与授权等干预措施执行上显著优于未设岗医院, 且管理等级越高, 干预效果越显著^[57]。在北京朝阳医院实施“主任药师制度”后, 药师深度参与用药决策, 门急诊和住院药品费用显著下降, 未影响医疗质量和服

药量的同时，抗菌药物使用更为合理^[58]。由此可见，明确的政策支持与制度保障是药师干预有效实施的关键前提。

6.2 多学科团队协作程度与沟通质量

药师处方管理需依赖与医师、感染控制专家、护士及微生物学者的共同协作。研究显示，在一项沙特医院多学科 ASP 干预中，抗生素使用强度显著下降 [DDD/100 PD 由 2.54 降至 1.75，药物治疗持续时间 (duration of therapy, DOT) /100 PD 由 44.93 降至 16.13]，降阶治疗率提升 (62.0% vs. 40.6%, $P<0.001$)，临床治愈率提高 (83.5% vs. 65.8%, $P<0.001$)，住院及 ICU 天数缩短，院内死亡率和 30 d 再入院率亦显著下降^[59]。由此可见，通过定期会诊、即时反馈和联合决策，可显著增强干预效果并改善患者结局。

6.3 信息系统支持与数据质量保证

信息化工具（如 CDSS、EHR 和实时预警平台）为药师干预提供技术支撑，但其效果高度依赖数据质量与系统性能。研究表明，数据更新滞后或系统不稳定将削弱干预准确性^[60]。同时资源差异亦显著影响干预成效，法国一项研究显示，在配备先进 EHR 与计算机化医生医嘱录入系统的医院中，医师采纳药师建议率达 74.1%，而系统性能较差时期仅为 23%，突显技术平台对干预效果的决定性作用^[61-62]。由此，EHR 数据的完整性、实时性与可用性直接影响药师干预效果。同时高质量的信息可提升建议的准确性与可操作性，反之，系统不稳定或数据滞后将显著削弱干预绩效。

6.4 药师专业水平与持续教育培训

药师的专业知识、对指南与耐药趋势的掌握，以及信息化工具的运用能力，直接影响干预质量。我国关于规范化培训模式的研究指出，基于能力导向的培训模式能显著提高临床药师的实战能力和服务质量，使培训内容更贴近临床，从而提高药师提出建议的科学性和可操作性，增强临床采纳率^[63]。

7 未来发展趋势

7.1 大数据与AI在抗菌药物管理中的深度应用

AI 与信息技术的深度融合为药师干预模式带来创新动力。通过机器学习与自然语言处理，可高效挖掘 EHR 与微生物数据库，预测耐药趋势

并识别高风险患者，助力个体化抗菌方案制定^[47]。该策略有助于减少不必要的广谱药物使用，降低不良反应与成本，实现精准用药监管。未来 AI 辅助系统将实现动态反馈与持续优化，支撑药师在全程临床决策中的关键作用。

7.2 政策驱动与跨国协作：药师干预的全球化防线与中国实践路径

抗菌药物耐药性已成为全球性公共卫生难题，世界卫生组织、国际数据空间协会等机构相继发布管理指南，推动各国构建规范化处方管理体系，强化药师参与^[64]。多国通过共享耐药数据与干预经验，推进统一用药标准与循证策略。然而，我国在落实过程中面临独特挑战，如城乡资源配置不均、基层缺乏专业药师与信息化系统，以及医师对药师职能认知不足，限制了干预措施的深入实施。为此，我国政策已逐步推进适应本国国情的系列改革举措，重点体现在以下几个方向：①加强基层药师资源配置与人才培养。通过“5+3”医药学人才培养模式改革、继续教育与职称评聘倾斜政策，提升基层药师服务能力与专业地位，使其具备开展处方审核与抗菌管理的基本能力。②推动紧密型县域医共体建设。在县域范围内建立以中心医院为核心的统一药事管理机制，将乡镇卫生院与村级医疗点纳入处方管理协同系统，实现统一培训、数据共享与绩效考核。③建设区域性处方审核中心。④利用“远程处方审核+专家系统+人工审方”结合模式，由区域中心医院药师团队对下沉医疗机构处方进行远程把关，填补基层药师能力不足的空白，同时确保抗菌药物使用安全、规范、可控。⑤医保政策联动，强化用药行为激励与约束机制。

将合理用药纳入医保支付方式改革内容，与医院绩效挂钩，促使医疗机构从“被动配合”转向“主动管理”。这些基于国情制度的设计为药师深度参与处方管理提供了可行路径，推动抗菌药物合理使用落地实施。未来，应结合国际经验与本土实践，融合大数据与 AI 技术，构建智能化、协同化的中国特色处方管理体系。

8 总结与展望

综上，药师深度参与处方管理可显著提升抗菌药物合理使用水平，降低不合理处方率、减少广谱用药、改善患者预后。为应对耐药性挑战，

亟需在政策支持、技术赋能与人才培养等方面持续推进。一方面,应完善法规与用药指南,强化制度保障;另一方面,提升信息化基础与数据质量,为智能决策工具应用奠定基础。同时,加强药师多学科能力建设,提升其在复杂临床环境中的干预效能,在多方协同推动下,药师干预将迈向更精细化、智慧化与国际化,为全球抗菌药物管理提供强有力支撑。

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