**High rates of prescribing antimicrobials for prophylaxis in children and neonates: Results from the Antibiotic Resistance and Prescribing in European Children Point Prevalence Survey (ARPEC-PPS)**

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**Word Count** (text only)**:** 3,221

**Running title**: Antimicrobial prophylactic prescribing

**Key words:** Antimicrobials; prophylactic prescribing; pediatrics; inpatients; point-prevalence survey

**Key Points:** A cross-sectional point-prevalence survey was conducted in 11,868 inpatients at 226 pediatric hospitals. 33% had received at least one antimicrobial for prophylactic use. In 52%, broad-spectrum antibiotics were prescribed. Nearly 80% received surgical prophylaxis for longer than one day.

**Abstract**

**Background:** To assess the variation in prescription practices for systemic antimicrobial agents used for prophylaxis among pediatric patients hospitalized in 41 countries worldwide.

**Methods:** Using the standardized Antibiotic Resistance and Prescribing in European Children point prevalence survey (ARPEC-PPS) protocol, a cross-sectional point-prevalence survey was conducted at 226 pediatric hospitals in 41 countries from October 1 to November 30, 2012.

**Results:** Overall, 17,693 pediatric patients were surveyed and 36.7% of them received antibiotics (n=6,499). Of 6,818 inpatient children, 2,242 (32.9%) received at least one antimicrobial for prophylactic use. Of 11,899 prescriptions for antimicrobials, 3,400 (28.6%) were provided for prophylactic use. Prophylaxis for medical diseases was the indication in 73.4% of cases (2,495/3,400), whereas 26.6% of prescriptions were for surgical diseases (905/3,400). In nearly half the cases (48.7% [1,656/3,400]), a combination of two or more antimicrobials was prescribed. The use of broad-spectrum antibiotics (BSA) – which included tetracyclines, macrolides, lincosamides and sulfonamides/trimethoprim – was high (51.8% [1,761/3,400]). BSA use for medical prophylaxis was more common in Asia (risk ratio [RR], 1.322; 95% CI, 1.202-1.653) and more restricted in Australia (RR, 0.619; 95% CI, 0.521-0.736). Prescription of BSA for surgical prophylaxis also varied according to UN region. Finally, a high percentage of surgical patients (79.7% [721/905]) received their prophylaxis for longer than one day.

**Conclusions:** A high proportion of hospitalized children received prophylactic broad-spectrum antibiotics. This represents a clear target for quality improvement. Collectively speaking, it is critical to reduce total prophylactic prescribing, broad-spectrum antibiotic use and prolonged prescription.

**Word Count** (Abstract)**:** 244**Introduction**

Antimicrobial agents are among the most commonly prescribed of all medications, especially for children and neonates. While the appropriate selection and administration of antibiotics certainly saves lives, their widespread overuse – especially of broad-spectrum antibiotics – also has contributed to significant increases in antimicrobial resistance [1, 2]. Accordingly, pediatric-specific antibiotic stewardship programs urgently are needed [3]. These programs particularly must address the substantial differences that exist between children and adults [4].

Prophylactic use of antibiotics to prevent infections is contentious. National guidelines emphasizing short duration and focused use already exist for surgical prophylaxis [5, 6]. Because pediatric-specific surgical prophylaxis data are sparse, pediatric recommendations have been extrapolated from adult data [5, 6]. Guidelines for medical antibiotic prophylaxis only can be found for a few specific medical conditions, such as congenital heart anomalies, vesico-ureteral reflux, acute rheumatic fever, asplenia and sickle cell disease, meningococcal and pertussis exposure, PCP prophylaxis and latent tuberculosis infection [7]. To date, data on which children receive antimicrobial prophylaxis – and why they do – have not been available. Cross-sectional point-prevalence surveys (PPS) are a validated method for analyzing data on antimicrobial usage and for determining quality indicators [8, 9]. We analyzed data on prophylactic antibiotic prescribing from the Antibiotic Resistance and Prescribing in European Children (ARPEC) project [8], a multicenter, cross-sectional study investigating prescription variations for systemic antimicrobial agents at 226 pediatric hospitals in 41 countries worldwide [10].

**Methods**

**Data source and study population**

Data were extracted from the global ARPEC internet-based PPS, which was performed between October 1 and November 30, 2012, at 226 pediatric hospitals in 41 countries worldwide [10]. The study included all children who were hospitalized and received at least one antimicrobial for prophylactic indications on the day of the survey.

**Data collection**

The cross-sectional, hospital-based PPS used the standardized ARPEC-PPS protocol, which consisted of two sets of data collection forms: one for patients on pediatric wards and a second for infants on neonatal wards [8, 10]. Participating hospitals were asked to conduct a one-day PPS during a regular working day during October-November 2012. In order to capture meaningful information about antimicrobial prophylaxis from the previous 24-hour period, pediatric surgical wards were not audited on Mondays. Included were all children under 18 years old who had been admitted prior to midnight the previous day and were still present in hospital at 8:00am on the day of the survey. The surveillance mainly focused on systemic antimicrobial agents, but also included antibiotics and other antimicrobials used as intestinal anti-infectives (following the Anatomical Therapeutic Chemical (ATC) classification system) [11]. This included antibacterials for systemic use, antibiotics used for treatment of tuberculosis or leprosy, antibiotics used as intestinal anti-infectives, nitroimidazole derivates, antimycotics, antifungals, antivirals for systemic use and antimalarials [10]. The following antibiotics arbitrarily were classified as broad-spectrum: tetracyclines, penicillins with extended spectrum (e.g. piperacillin ± tazobactam, ticarcillin + clavulanic acid); second-, third- and fourth-generation cephalosporins; carbapenems; sulfonamides and trimethoprim; macrolides; lincosamides; aminoglycosides; fluoroquinolones and polymixins. We classified carbapenems, fluoroquinolones and glycopeptides as reserve antibiotics. In addition to the antimicrobial agents (name, application route, dose per administration, number of doses per day), the following information was collected: patient age, gender, current weight, underlying diagnoses and type of prophylaxis. Two types of prophylaxes were distinguished: surgical and medical. Additionally, the duration of surgical prophylaxis was categorized as single dose, equal to 24 hours or else greater than 24 hours. All data were collected anonymously [8]. Countries were classified according to the United Nations Standard Country and Area Codes [12].

**Data analysis**

Anonymous patient data were collected on paper forms, then all data mandatorily were entered using a web-based system for data collection, validation and reporting. For statistical analysis, GraphPad Prism V.6 (GraphPad Software, La Jolla, CA, USA) was employed. A patient-level analysis focused on the use of prophylactic antimicrobials. Results were expressed as a percentage of the total number of patients treated. Proportional differences were compared using either a Chi-square test or a Fisher’s exact test, as appropriate. Prophylactic prescribing in Europe was used as the comparison point. All statistical tests were two-tailed and considered significant if the p value was < 0.05. Data regarding prophylactic prescriptions in African and Eastern European hospitals were excluded from statistical analysis, either because the number of prescriptions was too low to provide for meaningful data interpretation (Africa), or because data on prophylactic prescribing were not reported (Eastern Europe).

**Results**

**Study population and antimicrobial rate**

Prophylactic antimicrobial prescribing practices were evaluated for 17,693 surveyed children and infants hospitalized at 226 hospitals (H) in 41 countries (C) worldwide — including Europe (172H; 24C), Africa (6H; 4C), Asia (25H;8C), Australia (6H), Latin America (11H; 3C) and North America (4H; 1C [all from the USA]) [10]. In Europe, there was overrepresentation (i.e. >50%) of hospitals and patients from the United Kingdom (65H) [10]. Overall, 6,818 hospitalized children and neonates received 11,899 antimicrobial prescriptions, among whom 2,242 patients (32.9%) received at least one antimicrobial for prophylactic use. Rates for prophylactic antimicrobial prescribing in children ≥30 days of age were 70.4% for medical prophylaxis (corresponding to 19.9% of all antimicrobial prescriptions) and 29.6% (or 8.3% of all antimicrobials) for surgical prophylaxis. In neonates <30 days of age, the rates were 83.5% (or 24.9% of all antimicrobials) and 16.5% (or 4.9% of all antimicrobials) (Table 1). Systemic antibiotics were prescribed in 36.7% of all patients surveyed (6,499/17,693) [10].

**Therapeutic versus prophylactic antimicrobial use**

Antimicrobials were provided for therapeutic use in 70.7% of prescriptions (8,408/11,899), while 28.6% (3,400/11,899 were for prophylactic use, and 0.8% of indications were reported to be unknown (n=91). Of the 3,400 prescriptions for prophylactic use, 2,482 were given to children ≥30 days and 918 to neonates <30 days of age. Prophylaxis for medical diseases was the indication in 73.4% of cases (2,495/3,400), whereas one-quarter of prescriptions were for surgical diseases (26.6% [905/3,400]; Table 1). Prescribing for medical prophylaxis was significantly higher in infants <30 days of age. Additionally, children from western Europe, Australia and North America received more antimicrobials for medical prophylaxis as compared to children from northern Europe, southern Europe, Asia and Latin America (Table 1). Except for patients in Africa, in over 90% of cases, the antimicrobial selection was empiric.

The administration route for antimicrobial prophylaxis was parenteral in 46.6% of prescriptions (1,583/3,400) and oral in 52.6% (1,790/3,400). A single antimicrobial agent was given for prophylactic purposes in 63.3% of patients (1,420/2,242), a combination of two antimicrobials in 25.7% (576/2,242), and three or more agents in 11.0% (246/2,242). A combination of two or more antimicrobials more commonly was prescribed in medical prophylaxis (38.9% [615/1,582]) than in surgical prophylaxis (28.8% [183/636]; risk ratio [RR], 1.391; 95% CI, 1.199-1.613).

**Indications and types of antimicrobial prophylaxis**

Our survey did not specifically collect data regarding the reason for medical prophylaxis. However, it did gather information about patients’ underlying diseases.

For children ≥30 days of age receiving a prophylactic prescription, the most common underlying disease was oncological (33.0% [536/1,623), surgical (19.5% [316/1,623]) and/or related to a chronic heart condition (6.6% [107/1,623]). In 12.5% (203/1,623) of children ≥30 days of age, there was no underlying disease. The two most common indications for antimicrobial prophylaxis in children ≥30 days of age were prophylaxis for medical problems (910/1,623 [56.1%]) and prophylaxis for surgical disease (466/1,623 [28.7%]).

In infants <30 days of age, the three most common underlying conditions were respiratory distress (22.3% [138/619]), premature rupture of membranes (17.8% [110/619]), and surgical disease (12.0% [74/619]). In 14.2% (88/619) of infants <30 days of age, no underlying disease was present. Four indications accounted for >80% of antimicrobial prophylaxis in infants <30 days of age, namely: medical prophylaxis (29.2% [181/619]), prophylaxis for neonatal risk factors (27.9% [173/619]), prophylaxis for maternal risk factors (16.2% [100/619]), and surgical prophylaxis (11.0% [68/619]).

**Antimicrobials used for medical prophylaxis in children** ≥**30 days of age**

The three most common classes of antimicrobials for medical prophylaxis in children ≥30 days of age were trimethoprim/sulfonamides, antifungals and antivirals (Figure 1). Together, these accounted for two-thirds (1,233/1,854 [66.5%]) of all prescriptions for medical prophylaxis. In children ≥30 days of age, 1,130 antibiotic prescriptions were written for medical prophylaxis. The three most common antibiotic classes for systemic use were trimethoprim/sulfonamides (532/1,130 [47.1%]), narrow-spectrum penicillins (148/1,130 [13.1%]) and macrolides/lincosamides (99/1,130 [8.8%]). Fewer trimethoprim/sulfonamides were prescribed in Asia (RR, 0.725; 95%CI, 0.530-0.992) and Latin America (RR, 0.599; 95%CI, 0.370-0.969). Prescriptions of narrow-spectrum penicillins had an equal distribution globally. Within Northern Europe, the rate was higher than the rest of Europe (RR, 2.221; 95% CI, 1.507-3.272). Macrolides and lincosamides were administered considerably more often to patients in North America (RR, 3.873; 95% CI, 2.516-5.963). Notably, in Northern Europe, this antibacterial class more commonly was used (RR, 5.744; 95% CI, 3.144-10.49). In Asia, significantly more third- or fourth-generation cephalosporins were prescribed (RR, 5.478; 95% CI, 3.078-9.747), as well as carbapenems (RR, 10.55; 95% CI, 2.383-46.69) and glycopeptides/linezolid (RR, 5.539; 95% CI, 2.140-14.33).

Prescription of broad-spectrum and reserve antibiotics for medical prophylaxis varied according to region (Table 2). In Southern Europe and Asia, broad-spectrum antibiotics were prescribed significantly more often, (as were reserve antibiotics in Asia), whereas in Australia, their use was more restricted (as were reserve antibiotics in Western Europe; Table 2).

**Antimicrobials used for surgical prophylaxis**

One quarter of all antimicrobial prophylactic prescriptions were for surgical prophylaxis (905/2495 [26.6%]; Table 1). The four most common classes of antimicrobials for surgical prophylaxis in children ≥30 days of age were first-generation cephalosporins, narrow-spectrum penicillins, second-generation cephalosporins and third- or fourth-generation cephalosporins (Figure 2A). Together, these accounted for two-thirds (509/778 [65.4%]) of all prescriptions for surgical prophylaxis. Overall, the most frequently prescribed class of antibiotics for surgical prophylaxis was first-generation cephalosporins (140/761 [18.4%]). This was particularly true for hospitals in North America (RR, 5.929; 95% CI, 4.154-8.463) and Australia (RR, 5.536; 95% CI, 3.839-7.982). Narrow-spectrum penicillins more commonly were prescribed in Northern Europe (RR, 2.721; 95% CI, 1.933-3.830). Second-generation cephalosporins more frequently were used in Western Europe (RR, 1.681; 95% CI, 1.123-2.514). In Asia, more children received third- or fourth-generation cephalosporins (RR, 1.881; 95% CI, 1.348-2.626) and fluoroquinolons (RR, 17.19; 95% CI, 2.085-141.7).

Prescription of broad-spectrum and reserve antibiotics for surgical prophylaxis was high (55.0%; Table 2) and varied according to region (Table 2). Broad-spectrum antibiotics less frequently were used in Northern Europe, Australia and North America, whereas they more commonly were prescribed in Asia and Western Europe (Table 2). The only region with an increased use of reserve antibiotics for surgical prophylaxis was Southern Europe. Meanwhile, its use in Northern Europe was limited (Table 2).

The four most common classes of antimicrobials for surgical prophylaxis in infants <30 days were aminoglycosides, narrow-spectrum penicillins, imidazole derivates and glycopeptides (Figure 3A). Together, these accounted for 69.3% (88/127) of all surgical prophylaxis prescriptions. Overall, the most frequently prescribed class of antibiotics for surgical prophylaxis was aminoglycosides and narrow-spectrum penicillins (28/127 [22.0%] each). For glycopeptides, prescription was the highest in European hospitals (RR, 2.474; 95% CI, 1.020-5.999). Within Europe, narrow-spectrum penicillins were used only in Northern Europe (p<0.0001 [no RR or confidence interval]). In North America, more children received first-generation cephalosporins (RR, 6.324; 95% CI, 2.696-14.83).

**Duration of surgical antibiotic prophylaxis**

In the vast majority of cases, surgical prophylaxis was given for longer than one day. In children ≥30 days of age, 80.1% of cases (623/778; range 68.2-87.2%) received prophylaxis for over 24 hours (Figure 2B). Only in a small minority was a single dose administered (6.8% [range 3.7-10.6%]). A similar prescription pattern was observed among infants <30 days of age (Figure 3B). In 80.0% of these cases (99/127) surgical prophylaxis was given for more than one day.

**Discussion**

This cross-sectional survey represents the first assessment of antimicrobial prescription practices for prophylaxis in pediatric patients hospitalized worldwide. The majority of prescriptions was for medical prophylaxis (73.4%), with only one-quarter for surgical prophylaxis. This rate was even higher in infants <30 days of age (i.e., 83.5%). Among those, the three main indications – medical prophylaxis, prophylaxis for neonatal risk factors and prophylaxis for maternal risk factors – accounted for 73.3% of all prescriptions (data not shown). For half of the medical prophylaxis prescriptions in neonates (i.e., 50.4%), broad-spectrum antibiotics were used (data not shown). Despite our study’s lack of data regarding the specific indications for medical prophylaxis, this high rate cannot be considered evidence-based [13]. The high rate of prophylactic prescribing is similar to data shown by the 2008 ESAC PPS study, which included 32 pediatric departments in 21 European countries and analyzed systemic antimicrobial prescriptions from 1,799 children [14]. The ESAC study showed that in 171 cases antimicrobials were given for prophylaxis [14], and in 66% of cases, a medical prophylaxis was the indication [14].In our study, there was a higher prevalence of medical prophylaxis in Western Europe, Australia and North America. This overrepresentation likely is due to the greater number of patients admitted to highly specialized tertiary-care pediatric hospitals that provide care to those with oncological or other complex underlying diseases [10]. Regarding medical prophylaxis, oncological diseases were the most common underlying conditions in children ≥30 days of age. These and other variations in practice among the regions may be explained by disparities among hospital care systems, as well as by the patient case-mix in the different parts of the world [15]. In comparison to the ESAC PPS 2008 study, our study showed a lower rate of parenteral administration (46.6% vs. 62.5% in 2008) [14]. Importantly however, the ESAC PPS study reported route of administration at a patient level, whereas our data were based on a prescription level. For this reason, meaningful trends cannot be deduced from comparing the two. GARPEC [16], the global follow-up study of ARPEC, will use the same PPS method. In the future, this will allow us to draw comparisons over time.

We have identified several key strategies for improving prophylactic prescription practices. The first performance indicator is the high rate of antimicrobial combination prescriptions. In 36.7% of cases, two or more systemic antimicrobials were administered. This result is in line with the 37.4% shown by the ESAC PPS 2008 study conducted among European hospitals only [14]. The high rate of combination therapy in our study was observed for both medical (38.9%) and surgical prophylaxis (28.8%), with the latter percentage clearly indicating inappropriate usage. Multiple studies in adults have shown that antibiotic combinations do not provide additional coverage and do no result in lower rates of postoperative surgical site infections [5, 6]. According to a study by Tamma et al., even in pediatric patients with Gram-negative sepsis – a high-mortality disease – combination antibiotic therapy did not translate into a survival benefit [17]. Both the ASHIP report and WHO’s global guidelines state that for most surgical procedures, a single-agent regimen – e.g., a first-generation cephalosporin – is the preferred option [5, 18]. In addition to the lack of clinical benefits offered by combination therapies, these therapies have numerous potential negative ramifications, including drug interactions, the need for drug monitoring, increased costs and additional side effects.

The second quality indicator is the high rate of prophylactic broad-spectrum antibiotic prescribing worldwide. In our study, this accounted for half the cases of both medical and surgical prophylaxis. This prescription pattern was particularly notable in Asia (for both indications), and for surgical prophylaxis in Western Europe. In Asia, colonization and infection rates with multi-resistant organisms are the highest in the world – a fact that may explain the higher use of broad-spectrum antibiotics in this region [1]. Use of broad-spectrum antibiotics itself is associated with an increased risk of antimicrobial resistance [1]. This is particularly true for third- and fourth-generation cephalosporins, as well as for fluoroquinolones [1].

The third performance indicator is the prolonged (>24 hour) duration of surgical prophylaxis. In our study, 80% of surgical patients – including infants <30 days as well as children ≥30 days of age – received surgical prophylaxis for >1 day. The new WHO guidelines on prevention of surgical site infections (SSI) strongly recommend against prolonging surgical antibiotic prophylaxis (SAP) beyond a single dose due to the lack of benefit in reducing SSI [18]. According to WHO, prolongation only should be considered in cardiac, vascular, and orthognatic surgery for a period of up to 24 hours. However, the quality of evidence demonstrating a beneficial effect is low to very low [18]. Unfortunately, our study protocol did not include questions about the type of surgery associated with SAP. While extended therapy does not decrease the risk of postsurgical infections, its prolonged use is in fact associated with adverse events and antimicrobial resistance [19].

It is important to recognize limitations of our study. The study design is cross-sectional and provides a snapshot of antimicrobial prescribing practices at hospital level. Participation was voluntary and the researcher did not receive payment. Both these factors could lead to a participation bias whereby primarily highly motivated parties participated in the survey. How this bias might influence the observed rates is, however, unclear.
There are no generally-accepted consensus definitions of medical prophylaxis. For this reason, definitions of prophylaxis were not preset in the study protocol. There is a clear overlap between medical prophylaxis for maternal or neonatal risk, early empiric therapy and then prolonging antibiotic therapy in high-risk babies in settings with a very high prevalence of hospital-acquired infection. Clearly, however, a consensus definition of medical prophylaxis is needed for research purposes. Training of researchers collecting hospital data was not performed in person; rather, it was done by means of an online training tool, a frequently asked questions list and a helpdesk. Therefore, data accountability cannot be independently validated. Nevertheless, data were subjected to inconsistency checking, with requests for clarification directed towards participating centers when needed. Despite the large number of patients included in the study, it should be noted that tertiary care hospitals were overrepresented. For this reason, the generalizability of the data for other types of pediatric hospitals cannot be guaranteed. Moreover, geographic regions outside Europe were underrepresented. Accordingly, findings are only representative for the hospitals captured. Lastly but crucially, we were hampered in our determination of whether or not antibiotic classes were used appropriately by the fact that indications for prophylaxis were not specifically collected with the survey.

While acknowledging the above limitations, we nevertheless believe our study contains several unique strengths. The survey was global and hospitals from 41 countries participated. A large number of patients (3,400 prescriptions for prophylaxis) were eligible and included in the current analysis. The study employed a standardized protocol, which ensured uniformity of data and of conclusions to be drawn from it. Such a standardized method facilitates comparisons among hospitals and countries, while also paving the way for longitudinal analyses when the survey becomes repeated [16]. Therefore, the PPS method easily can be used to test the efficacy of interventions deployed for the purpose of improving prophylactic antimicrobial prescribing practices. Lastly, the PPS method may provide a vital tool for initiating and evaluating interventions that are part of an antibiotic stewardship program. The survey method is inexpensive and therefore also feasible in resource-limited countries.

**Conclusion**

Our study — the first PPS on prescription practices for systemic antimicrobial agents used for surgical and medical prophylaxis for pediatric patients hospitalized worldwide — reveals several potential targets for quality improvements. We conclude that interventions are needed: (1) to reduce the high rate of antimicrobial combination prescriptions, especially in medical prophylaxis; (2) to limit the high rate of broad-spectrum antibiotic usage; and (3) to combat the extended duration of surgical prophylaxis.

**Funding/Support:**

This work was co-funded by a grant from the European Commission Directorate General for Health and Consumers (DG Sanco) through the Executive Agency for Health and Consumers (<http://ec.europa.eu/health/index_en.htm>) [Grant number 2009 11 01]. The October-November 2012 Antibiotic Resistance and Prescribing in European Children Point Prevalence Survey was co-funded by the Paediatric European Network for Treatment of AIDS (PENTA) (<http://www.penta-id.org/>).

The funders had no role in the design and conduct of the study, collection, management, analysis, review, or approval of the manuscript, and decision to submit the manuscript for publication.

**Conflicts of Interest Disclosures**:

The authors declare that they have no competing interests.

**Acknowledgements**

The authors are grateful to all members of the ARPEC project group for their participation in data collection: We would like to thank all colleagues who contributed to the success of this project: Graciela Maria Calle, Hospital de Pediatria Juan P. Garrahan, Buenos Aires, Argentina; Julia Clark, Royal Children’s Hospital, Brisbane, Australia; Celia Cooper, Women’s and Children’s Hospital, North Adelaide, Australia; Christopher C. Blyth and Joshua Reginald Francis, Princess Margaret Hospital for Children, Perth, Australia; Jameela Alsalman, Salmaniya Medical Complex, Manama, Bahrain; Hilde Jansens and Ludo Mahieu, University Hospital Antwerp, Antwerp, Belgium; Paul Van Rossom, General Hospital Klina, Brasschaat, Belgium; Wouter Vandewal, AZ Sint Lucas, Brugge, Belgium; Philippe Lepage and Sophie Blumental, Hôpital Universitaire des Enfants Reine Fabiola, Brussels, Belgium; Caroline Briquet, Universite´ Catholique de Louvain, Cliniques Universitaires Saint-Luc, Brussels, Belgium; Dirk Robbrecht, General Hospital A. Z. Damiaan, Ostend, Belgium; Pierre Maton, NICU-CHC St. Vincent, Rocourt, Belgium; Patrick Gabriels, Sint-Trudo Ziekenhuis, Sint-Truiden, Belgium; Zana Rubic and Tanja Kovacevic, University Hospital Centre Split, Croatia; Jens Peter Nielsen, Pediatric Department, Regionshospital Viborg, Viborg, Denmark; Jes Reinholdt Petersen, Department of Neonatology, Rigshospitalet, University of Copenhagen, Copenhagen, Denmark; Porntiva Poorisrisak, Department of Pediatrics, Naestved Hospital, Naestved, Denmark; Lise Heilmann Jensen, Roskilde University Hospital, Roskilde, Denmark; Mari Laan, Tallinn Children’s Hospital, Tallinn, Estonia; Eda Tamm, Children’s Clinic of Tartu University Hospital, Tartu, Estonia; Maire Matsinen and Maija-Liisa Rummukainen, Central Finland Health Care District, Jyväskylä, Finland; Vincent Gajdos and Romain Olivier, Hopitaux Universitaires Paris Sud, Antoine Beclere, Clamart, France; Flore Le Maréchal, Department of Pediatrics and Neonatology, University Hospital, Dijon, France; Alain Martinot, François Dubos, Marion Lagrée, CHRU Lille, Lille University Hospital, Lille, France; Sonia Prot-Labarthe and Mathie Lorrot, AP-HP Hôpital Robert-Debré, Paris, France; Daniel Orbach, Institut Curie, Paris, France; Karaman Pagava, Tbilisi State Medical University, Tbilisi, Georgia; Markus Knuf, Children’s Hospital, Dr Horst-Schmidt-Kliniken, Wiesbaden, Germany; Stephanie A. A. Schlag and Johannes Liese, University Children’s Hospital, University of Würzburg, Würzburg, Germany; Lorna Renner, Prof. Korle Bu Teaching Hospital, Accra, Ghana; Anthony Enimil and Marah Awunyo, Komfo Anokye Teaching Hospital, Kumasi, Ghana; Garyfallia Syridou and Nikos Spyridis, Aglaia Kyriakou Children’s Hospital, Athens, Greece; Elena Critselis, First University Department of Pediatrics, ‘Aghia Sophia’ Children’s Hospital, Athens, Greece; Sofia Kouni and Katerina Mougkou, University of Athens Collaborative Center for Clinical Epidemiology and Outcome Research, Athens, Greece; Fani Ladomenou, University Hospital of Heraklion, Crete, Greece; Despoina Gkentzi, University General Hospital of Patras, Patras, Greece; Elias Iosifidis and Emmanuel Roilides, 3rd Department of Pediatrics, Faculty of Medicine, Aristotle University School of Health Sciences, Hippokration Hospital, Thessaloniki, Greece; Suneeta Sahu, Microbiology, Apollo Hospitals, Bhubaneswar, Odisha, India; Srinivas Murki, Fernandez Hospital, Hyderabad, India; Manoj Malviya and Durga Bhavani Kalavalapalli, Nice Hospital for Women, Newborns and Children, Hyderabad, India; Sanjeev Singh, Amrita Institute of Medical Sciences, Kochi, India; Tanu Singhal, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai, India; Garima Garg, Escorts Heart Institute, New Delhi, India; Pankaj Garg, Sir Ganga Ram Hospital, Rajinder Nagar, New Delhi, India; Neelam Kler, Sir Ganga Ram Hospital, Rajinder Nagar, New Delhi, India; Jafar Soltani, Besat Tertiary Hospital affiliated to Kurdistan University of Medical Sciences, Sanandaj, Kurdistan, Iran; Zahra Jafarpour and Gholamreza Pouladfar, Professor Alborzi Clinical Microbiology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran; Giangiacomo Nicolini, San Martino Hospital, Pediatric Department, Belluno, Italy; Carlotta Montagnani and Luisa Galli, Department of Health Sciences, University of Florence, Meyer Children’s University Hospital, Florence, Italy; Susanna Esposito, Pediatric Highly Intensive Care Unit, and Rossana Tenconi, Department of Pathophysiology and Transplantation, Università degli Studi di Milano, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico, Milan, Italy; Andrea, Lo Vecchio, University of Naples Federico II, Naples, Italy; Daniele Dona’ and Carlo Giaquinto, Department for Woman and Child Health, Padua, Italy; Eleonora Borgia, University Hospital of Padova, Padua, Italy; Patrizia D’Argenio and Maia De Luca, Bambino Gesu` Children’s Hospital, Rome, Italy; Chiara Centenari, Paediatric and Neonatal Unit, Hospital of Viareggio, Viareggio, Italy; Lul Raka, National Institute of Public Health of Kosovo and University of Prishtina, and Denis Raka, University of Prishtina, Prishtina, Kosovo; Abeer Omar and Haifaa Al-Mousa, Directorate of Infection Control, Ministry of Health, Kuwait City, Kuwait; Dzintars Mozgis, Centre for Diseases Prevention and Control, Riga, Latvia; Inese Sviestina, University Children’s Hospital, Riga, Latvia; Sigita Burokiene, Children’s Hospital, Affiliate of Vilnius University Hospital Santariskiu Klinikos, Vilnius, Lithuania; Vytautas Usonis, Vilnius University, Vilnius, Lithuania; Gabriela Tavchioska, General Hospital ‘Borka Taleski’, Prilep, Macedonia; Antonia Hargadon-Lowe, Queen Elizabeth Central Hospital, Blantyre, Malawi; Peter Zarb and Michael A. Borg, Mater Dei Hospital, Msida, Malta; Carlos Agustín González Lozano and Patricia Zárate Castañon, Instituto Nacional de Pediatría, México D.F., México; Martha E. Cancino, Universidad Autónoma de Nayarit, México and DURG-LA (Grupo para la Investigación de la Utilización de los Medicamentos-América Latina), Tepic, Nayarit, México; Bernadette McCullagh, South Eastern Health and Social Care Trust, Belfast, Northern Ireland; Ann McCorry, Southern Health and Social Care Trust, Craigavon, Northern Ireland; Cairine Gormley, Western Health and Social Care Trust, Derry, Northern Ireland; Zaina Al Maskari and Amina Al-Jardani, Royal Hospital, Muscat, Oman; Magdalena Pluta, Department of Children’s Infectious Diseases, Medical University of Warsaw, Poland, Warsaw, Poland; Fernanda Rodrigues and Ana Brett, Hospital Pediátrico, Centro Hospitalar e Universitário de Coimbra, Coimbra, Portugal; Isabel Esteves, Hospital de Santa Maria, Pediatric Department, Pediatric Infectious Diseases Unit, Lisbon, Portugal; Laura Marques, Centro Hospitalar do Porto, Porto, Portugal; Jameela Ali AlAjmi, Hamad Medical Corporation, Doha, Qatar; Simona Claudia Cambrea, Faculty of Medicine, ‘Ovidius’ University, Constanta, Romania; Asia N. 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The collaborators did not receive compensation from the funder for their contributions.

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**Legends**

**Figure 1**: Proportion (%) of children ≥30 days of age with antimicrobial agents for medical prophylactic use (ATC4 level) by UN region (Numbers of proportions >5% are shown in the graphs)

**Figure 2:** A. Proportion (%) of children ≥30 days of age with antimicrobial agents for surgical prophylactic use (ATC4 level) by UN region (numbers of proportions >5% are shown in the graph). B. Proportion (%) of children ≥30 days of age with surgical prophylactic use by duration and UN region.

**Figure 3:** A.Proportion (%) of infants <30 days of age with antimicrobial agents for surgical prophylactic use (ATC4 level) by UN region (numbers in proportions >5% are shown in the graph). B. Proportion (%) of infants <30 days of age with surgical prophylactic use by duration and UN region.

**Table 1:** Prophylactic antimicrobial prescriptions by indication, type of treatment and UN region

**Table 2:** Prophylactic broad-spectrum and reserveantibiotic use by indication and UN region