

## Chikungunya Virus Activity in the Caribbean

The Public Health Agency of Canada (PHAC) has released a travel health notice about Chikungunya virus activity in the Caribbean. The notice can be found on the PHAC website at: [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca) | [Travel Health](#) | [Travel Health Notices](#) | [Chikungunya in the Caribbean](#)

There have been confirmed cases of Chikungunya on the Caribbean islands of Saint Martin/Sint Maarten, Guadeloupe, Martinique, Saint-Barthélemy and the British Virgin Islands. This is the first time that locally acquired transmission of Chikungunya has been detected in the region of the Americas. Additional information on the cases is available on the Pan American Health Organization's website. Canada has seen sporadic cases in prior years with travel history primarily from Asia. To date, we are not aware of any confirmed Chikungunya fever cases in Ontario related to the Caribbean.

The disease is spread to humans through the bite of an infected mosquito. Although caused by a different virus, the symptoms of Chikungunya can appear very similar to those of dengue fever. Patients typically present with fever and arthralgia. If there is a positive travel history, serology for both Chikungunya and dengue virus infection should be considered. Treatment is supportive.

PHAC recommends that travelers consult a healthcare provider or visit a travel health clinic at least six weeks before they travel to the Caribbean, as well as take personal protective measures to avoid mosquito bites during the travel, in order to reduce the risk of exposure.

Healthcare providers should be on the alert for sporadic cases of Chikungunya virus in patients who present with fever and arthralgia after a stay in an affected Caribbean island.

For a travel consultation, clients can call the Peterborough County-City Health Unit at 705-748-2021 to book an appointment.

## Infant Botulism

Infant botulism is a very rare but serious form of illness that can affect children up to one year. It is caused by a bacterium called Clostridium botulinum. This bacteria forms "spores" that when swallowed may grow and produce a poison in the baby's intestine. On February 12, 2014, Health Canada prepared a release on infant botulism [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca) | [Recalls & safety alerts](#).

C. botulinum can be found in both pasteurized and unpasteurized honey. Therefore, it is very important to never feed honey to a child under the age of one. As the spores are not easily destroyed by heat (for example by cooking or boiling), it should also not be added to infants' food as a sweetener. C. botulinum can also be found in soil and dust.

Constipation is often the first sign of infant botulism that parents notice (although many other illnesses also can cause constipation). Parents should be advised to call your healthcare provider if your baby hasn't had a bowel movement for several days. Other symptoms can include:

- weakness and/or lack of energy
- too weak to cry or suck as usual
- wobbly head because the neck is weak
- lacks facial expression
- weak arms and legs
- has trouble breathing
- unable to swallow

Botulism is a reportable disease. For more information on the disease, go to [www.pcchu.ca](http://www.pcchu.ca) | [For Professionals](#) | [Health Professionals | Reportable Diseases](#) to find the Ontario Ministry of Health and Long Term Care Infectious Disease Protocol.

Call Infectious Disease Public Health Inspectors at 705-743-1000, if you have a question about botulism.

### In this issue...

- New Form for Vaccine Transportation
- STOP Program for Smokers Coming March 17 & 24
- Alcohol Screening, Brief Intervention and Referral

## NEW FORM to be Used When Transporting Vaccine

The Health Unit will be providing you with a form, **Transporting Vaccine from the Health Unit**, to document the temperatures of the vaccine when you transport it back to your office. To be potent, vaccines should be stored between 2°C and 8°C.



The following resources (which are also available on our website at [www.pcchu.ca](http://www.pcchu.ca)) provide information on how to appropriately store vaccines:

**Vaccine Storage and Handling Protocol National Vaccine Storage and Handling Guidelines for Immunization Provider, PHAC, 2007**

**Vaccine Storage and Handling Guidelines**

**REMEMBER:** To facilitate a quick vaccine pick-up, ensure your cooler temperature is between 2°C and 8°C. *Vaccine will be released by Health Unit staff when the cooler temperature is within 2°C and 8°C.*

For more information, contact Infectious Disease Program Secretaries: Zina Allen or Cathy Schofield at 705-743-1000, ext. 139.

## STOP Program: Support for Ontario Smokers Ready to Quit Smoking

STOP workshops will be held in Peterborough on March 17 and March 24, 2014.

The STOP (Smoking Treatment for Ontario Patients) Program workshops offer eligible participants five weeks of cost-free nicotine replacement therapy and smoking cessation information to help them in their quit attempt.

Workshop participants also receive educational material with quit smoking and relapse prevention strategies, along with information to address other unhealthy lifestyle factors that are known to accompany smoking.

The STOP Program is led by the Centre for Addiction and Mental Health (CAMH) in partnership with Peterborough County-City Health Unit.

For more information, to determine eligibility to participate and to register for the workshops, individuals can call Peterborough County-City Health Unit at 705-743-1000.

## Falls Prevention Survey for Healthcare Providers - Coming Soon!

Partners In Aging Well (PIAW) is a community coalition dedicated to identifying risk factors for falls, decreasing the incidence of falls and injuries due to falls. As part of a community initiative project, the PIAW is distributing a survey to get a baseline understanding of what physicians, allied health professionals and nurse practitioners are currently doing to prevent falls in seniors. The survey will be anonymous and can be completed either in paper form and faxed to a designated number or online.

Your participation is important as the PIAW will use the information collected in this survey to determine healthcare provider needs and better support their work to prevent falls with consistent, evidence-based falls prevention knowledge, messaging and tools. Possible resources may include: a standardized falls risk assessment tool, a resource toolkit or educational materials, or a community resource directory for older adults.



For further information contact: Nicole Fraser, Health Promoter Falls Prevention for Older Adults PIAW Member 705-743-1000, ext. 354



## Alcohol Screening, Brief Intervention and Referral (SBIR): Helping Patients Reduce Alcohol-related Risks and Harms

In 2012, The College of Family Physicians of Canada (CFPC) and the Canadian Centre on Substance Abuse (CCSA) announced the release of the Alcohol Screening, Brief Intervention and Referral (SIBR) tool. This evidence-based and endorsed practice resource was developed by the CFPC and CCSA in consultation with both an expert advisory group and focus groups consisting of family physicians and other healthcare professionals. As the first tool of its kind to incorporate Canada's Low Risk Alcohol Drinking Guidelines, the SIBR was designed to promote a culture of moderation among all patients, not just those considered to be high-risk drinkers. Therefore, the SIBR will assist you, as family physicians, nurse practitioners and other health professionals, with assessing the risks of harmful alcohol consumption among your patients early enough to prevent the development of problematic alcohol use and associated harms. It will also provide you with resources to facilitate effective interventions and appropriate referrals for addressing your patient's harmful alcohol use. Considering alcohol consumption in Canada ranks second behind only tobacco use as an etiologic risk factor in the World Health Organization burden of disease studies, using this tool to engage your patients and encourage alcohol consumption in moderation could have a big impact on our population's health.

The tool itself is available as a practical web-based guide that offers a three-step alcohol assessment and referral process, and it is supported by other related online resources. These three steps are broken down according to the following:

**1 SCREENING AND ASSESSMENT**

**2 BRIEF INTERVENTION AND REFERRAL**

**3 FOLLOW-UP AND SUPPORT**

It incorporates Canada's Low-Risk Alcohol Drinking Guidelines into your routine alcohol screening.

**NEW!**  
ALCOHOL SCREENING, BRIEF INTERVENTION & REFERRAL: A CLINICAL GUIDE

SCREENING FOR AT-RISK DRINKING

ASK ABOUT ALCOHOL USE

DO YOU DRINK BEER, WINE, COGNAC OR OTHER ALCOHOLIC BEVERAGES?

NO

ASK WHY NOT?

Religious / Cultural

Family History

Medications or other health issues

NO

ON AVERAGE, HOW MANY DAYS PER WEEK DO YOU HAVE AN ALCOHOLIC DRINK?

WELL

NOT WELL

ASSESSING LEVEL OF AT-RISK DRINKING

ELEVATED RISK

ALCOHOL ABUSE

ALCOHOL DEPENDENCE

WHAT IS THE PATIENT'S AT-RISK STATUS?

ALCOHOL ABUSE

ALCOHOL DEPENDENCE

Additional Resources can be found at:

[www.pcchu.ca](http://www.pcchu.ca) | [For Professionals](#) | [Health Professionals](#) | [Alcohol & Other Drugs](#)

- The College of Family Physicians of Ontario role in SIBR
- Press Release
- SIBR Presentation
- Canada's Low Risk Alcohol Drinking Guidelines

To access this resource, free of charge, please visit [www.sbir-diba.ca](http://www.sbir-diba.ca).

**For more information please contact:**

Deanna VandenBroek at  
[dvandenbroek@pcchu.ca](mailto:dvandenbroek@pcchu.ca)  
or 705-743-1000, ext. 223.

## Resources For HCPs

### FREE Lunch and Learn for Nurses, Receptionists, Secretaries Wednesday, April 30, 2014

12:00 p.m. to 1:15 p.m.  
Peterborough County-City Health Unit,  
Board Room, 10 Hospital Drive

Learn NEW Information about:

- Enhanced 18 Month Well-Baby Visit,
- Breastfeeding,
- Nutrition for Healthy Term Infants,
- Oral Health, and
- Physical Literacy.



R.S.V.P. to Anita Watts by **April 16, 2014**  
705-743-1003, ext. 282 OR  
Fax: 705-741-4261  
Email: [awatts@pcchu.ca](mailto:awatts@pcchu.ca)

Registration is limited to 30 participants. **Lunch provided.**

The Health Unit will be offering quarterly information sessions for Family Physicians, Nurse Practitioners and their Nursing staff.

### What's New with Reportable Diseases

Wednesday, February 26, 2014  
8:00 a.m. - 9:00 a.m.

### What's New with the Immunization of School Pupils' Act

Wednesday, May 28, 2014  
8:00 a.m. - 9:00 a.m.

### Influenza Update

Wednesday, September 24, 2014  
8:00 a.m. - 9:00 a.m.

### Antibiotic Resistant Organisms

Wednesday, December 10, 2014  
8:00 a.m. - 9:00 a.m.

All the information sessions will be held at the Peterborough County-City Health Unit, 10 Hospital Drive, Board Room

To register please call  
**705-743-1000, ext. 135**  
Refreshments Provided

## Resources For Patients

Engaging New Video Gives the Best Advice for People Considering or Taking Opioid Medications

A video is available for you and your patients that tackles the question "what is the best advice for people on, or about to start, opioid medications"? It is narrated by Dr. Mike Evans who is known for his unique health videos with almost six million YouTube views.

This video is freely available, in English and French, for anyone to view: [English](#)  
[French](#)

Visit [www.pcchu.ca](http://www.pcchu.ca) and go to: [For Professionals | Health Professionals | Alcohol & Other Drugs.](#)

## Health Events For Patients

### Prenatal Health Fair

February 24, 2014  
6:00 p.m. - 8:30 p.m.  
Holiday Inn, 500 George St.,  
Peterborough

For more information, call  
705-743-1000, ext. 254



### Prenatal Classes

Classes are ongoing from 7:00 p.m. to 9:00 p.m. (please call for class dates). All classes are held at the Peterborough County-City Health Unit, 10 Hospital Drive, Peterborough. The cost is \$50.00 and subsidies are available. Please let us know if the fee would prevent your patient from attending.

To register, call the  
Peterborough County-City Health Unit  
705-743-1000, ext. 254

## Looking for a specific health topic?

Visit the FYI Newsletter archive at  
[www.pcchu.ca](http://www.pcchu.ca)