

## *Clostridium difficile* Resources for Family Physicians and Nurse Practitioners



If you have a patient with *Clostridium difficile* in the home setting, advise the patient:

1. perform hand hygiene often, especially before food preparation and eating and after toileting.
2. use liquid hand soap with a pump.
3. resume normal activities.
4. visit others who are in good health.
5. avoid visitors/visiting those who are sick or may not be in good health as they may be at risk of getting *Clostridium difficile* from you.
6. do not share personal care items.
7. perform hand hygiene before and after touching pets or their food as pets can carry *Clostridium difficile*.
8. wash dishes as usual.
9. recommend that those who assist you with direct care use gloves and to cover up their clothes and to wash their hands with soap and water after providing care.
10. wash clothes with regular laundry detergent on a regular cycle but if clothes are heavily soiled with stool then wash separately with bleach.
11. use regular household cleaning products to clean house (for surfaces that can tolerate bleach a solution of one part bleach to nine parts water made fresh daily will kill *Clostridium difficile*).
12. ensure bathroom and kitchen are always clean and pay special attention to areas that may be soiled with stool such as the toilet and sink in the bathroom.
13. advise healthcare providers that you have *Clostridium difficile* if you go to the dentist, go to a hospital/clinic or anytime you give a medical history.

**Source:** Patient Education, Hamilton Health Services and St. Joseph's Health Care, January 2012

### Other references:

#### Public Health Ontario

##### PIDAC Best Practice Guidelines

- Infection Prevention and Control for Clinical Office Practice  
*Appendix A: Risk Algorithm to Guide PPE Use*
- Routine Practices and Additional Precautions
- Annex C: Testing, Surveillance and Management of *Clostridium difficile* in All Health Care Settings  
*Antibiotic-associated Diarrhea Patient Information Sheet (page 32)*
- Core Competency Self Learning Modules
- Just Clean Your Hand Tools
- Environmental Cleaning Tool Kit
- Antimicrobial Stewardship Program

#### Ontario Ministry of Health and Long Term Care

##### *Clostridium difficile* Resources for Physicians Working in Long Term Care

- Antibiotic Stewardship, Treatment Guidelines for Long Term Care Facilities (KFLA Public Health Unit, 2012)

#### Public Health Agency of Canada

##### Fact Sheet

#### Canadian Paediatric Society

##### *Clostridium difficile* in Paediatric Populations Position Statement

### Sign Up to Receive PCCHU Syndromic Surveillance Reports

These reports are developed bi-weekly to detail trends in emergency department visits for respiratory, fever, and gastrointestinal symptoms, as well as local institutional outbreaks and school absenteeism.

Reports available via email or fax. To sign up online, please visit:

[www.pcchu.ca](http://www.pcchu.ca) under  
For Professionals | Health  
Professionals | Syndromic Surveillance

or email/call Jane Naylor [jnaylor@pcchu.ca](mailto:jnaylor@pcchu.ca),  
705-743-1000 ext 292

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View the FYI Newsletter online at [www.pcchu.ca](http://www.pcchu.ca) under For Professionals | Health Professionals | FYI Newsletter

## Vaccine Storage and Handling Tips

- Designate one staff member as the primary vaccine coordinator and another staff member as a back-up
- Prepare a contingency plan to be used if there is an equipment failure, power outages, etc.
- Monitor and record vaccine temperatures twice daily on temperature logs
- Take immediate action when the fridge temperature is above 8°C or below 2°C --> call the Health Unit 705-743-1000 to report a cold chain incident and to have vaccine assessed
- Maintain storage and handling equipment and records
- Rotate vaccine stock so that vaccine closer to its expiration date will be used first
- Monitor expiration dates on vaccines and ensure that expired vaccine is not administered to patients
- Order vaccines to maintain no more than a two-week to a maximum of a one-month supply
- Dedicate a fridge for vaccine storage only
- Store vaccine in the middle of the fridge away from the coils, walls, and cold-air vent --> do not store vaccine in the fridge door
- Record on the vial the date when multi-dose vials were opened
- Do not transport vaccine in the trunk of a car and keep it out of direct sunlight
- Ensure that all vaccine is stored with the caps on in their original boxes until they are needed --> light exposure may cause loss of potency in some vaccines

For more information, call a Vaccine Preventable Disease Nurse at 705-743-1000.

## Vector Borne Disease Summary Reports Available

Public Health Ontario has recently published the **2014 Vector Borne Disease Summary report**. The purpose of this report is to provide an overview of Ontario's reportable vector-borne diseases in 2014. Of the five reportable vector-borne diseases, West Nile Virus (WNV) and Lyme disease are the only ones that occur in the province and are of public health importance in Ontario. There is limited mosquito surveillance on eastern equine encephalitis virus (EEEV) and no human cases, while malaria and yellow fever are travel-related diseases with no endemic transmission reported in Ontario. Visit [www.publichealthontario.ca](http://www.publichealthontario.ca) and search "vector borne surveillance reports".

## PCCHU is Moving Downtown this November!

The Health Unit is pleased to announce that it is moving to a new location in downtown Peterborough on 185 King St. in November 2015. This new location will bring all staff, clinics, programs, and services together under one roof and close by our downtown Community Dental Health Centre at Peterborough Square. Phone numbers and fax lines will remain the same, however vaccine pick-up and clinic locations will change. Plans for the move are underway so be sure to check our website [www.pcchu.ca](http://www.pcchu.ca) under "We are moving!" for updates.



## Middle Eastern Respiratory Syndrome Coronavirus Update

The Provincial Infectious Diseases Advisory Committee on Infection Prevention and Control has updated Tools for Preparedness: Triage, screening and patient management of Middle East Respiratory Syndrome Coronavirus (MERS-CoV) infections in acute care settings. "Screening and Patient Management Algorithm for Middle East Respiratory Syndrome Coronavirus (MERS-CoV)" found on page 9 has been updated with current information on countries affected by MERS-CoV, travel history and specimens for testing at the Public Health Ontario Laboratory. Updates to the document are noted and highlighted in the text. The document is a supplement to existing documents, including Routine Practices and Additional Precautions in all Health Care Settings and Annex B: Prevention of transmission of acute respiratory infection in all healthcare settings.

This tool should be used in conjunction with guidance from the Ontario Ministry of Health and Long-Term Care, available at: [www.ontario.ca/novelcoronavirus](http://www.ontario.ca/novelcoronavirus). Questions? Call Infectious Disease Program Nurses at (705)743-1000.



## Which Meningococcal Vaccine Should I Administer?

When a 'Request for Immunization Information' letter indicates that meningococcal vaccine is required, use the following to guide your actions:

- Children born on or after September 1, 2004 who are under 12 years of age are required to have had at least one dose of meningococcal conjugate-C (Men-C-C) vaccine, administered at 1 year of age or older, and at a minimum interval of 4 weeks (28 days) following any previous doses of meningococcal conjugate vaccine (if given).
- Adolescents born on or after January 1, 1997 who are 12 years of age or older (Grade 7 or above) are required to have had one dose of meningococcal conjugate-ACYW-135 (Men-C-ACYW-135) vaccine administered at a minimum interval of 4 weeks (28 days) following any previous dose of meningococcal conjugate vaccine (if given).

Please note: Children born between September 1, 2003 and August 31, 2004 are eligible to receive one dose of Men-C-C vaccine, but are not required to receive it under the Immunization of School Pupils Act (ISPA).

Your facility can order Menactra vaccine (Men-C-ACYW-135) from the Health Unit. To order Menactra vaccine complete the "Meningococcal-C-ACYW-135 Vaccine Order Form" and fax this to the Health Unit at 705-743-2897. You can pick up your vaccine from the Health Unit as you would with publicly-funded vaccine. If you have any questions regarding this or are uncertain, please contact a Vaccine Preventable Disease Nurse at 705-743-1000 prior to immunizing.

## Health Events For Patients

### Choose to Be...Smoke Free Starts Thursday, September 17, 2015

This 8-week cessation support program has been hosted by the Peterborough County-City Health Unit since 2010, and has helped 135 women achieve their smoking cessation goals of reducing the number of cigarettes smoked, being smoke free, and improving knowledge and understanding of smoking related issues (i.e., second hand and third hand smoke).



A newly expanded approach combines behavioural counselling and group support with access to free nicotine replacement therapy (NRT), made possible by funding from the Ministry of Health and Long Term Care and a partnership with the Partners in Pregnancy Clinic.

Help with transportation, childcare and a \$10 gift card will be provided for each session as well as cost-free NRT for women who find it difficult to quit smoking using non-pharmacological methods.

Women who would like more information or want to register can call **705-743-1000**.

### Prenatal Health Fair for Expecting Parents Monday, September 28, 2015 6:00 p.m. to 8:00 p.m.

This FREE must-attend evening of resource support and information on "everything pregnancy and baby" takes place on Monday September 28th from 6:00 - 8:00 p.m. at the Holiday Inn. Encourage your expectant families to come out and get informed and connected. Fair-goers have the chance to win the grand prize of a gift card to shop for baby at Lansdowne Place. The Prenatal Health Fair is hosted by the Peterborough County-City Health Unit with partner agencies and local services.



## Health Events For HCPs

### Let's Immunize!

**Wednesday, August 26, 2015**  
8:00 a.m. - 9:00 a.m.

Peterborough County-City Health Unit,  
10 Hospital Drive, Board Room  
Presenter: Marilyn Mitchell, RN, Infectious Disease Program  
For Physician Office Staff

### Join us in the discussion of:

- Immunization of School Pupils Act requirements
- NEW Publicly-funded Ontario Immunization Schedule, 2015
- Recommended vaccines not publicly-funded

**RSVP by August 25, 2015** - Light Breakfast Provided  
705-743-1000, ext. 135

### Upcoming Webinar: Key Messages to Support Families Navigating Infant Feeding Decisions

**Wednesday, September 16, 2015**  
12:00 p.m - 1:00 p.m.

The Webinar will outline why there is such a buzz regarding informed decision making, review key messages of the OPHA informed decision making paper, and assist health care providers to present unbiased, evidence based information to parents who are making decisions about infant feeding.

To register go to:

<http://opha.on.ca/Events/Key-Messages-You-Need-To-Know-To-Support-Families.aspx>

**Stay tuned for Influenza Inservices coming in October!**

*More ways to stay informed!*  
**Protect yourself with the right health information.**  
Follow PCCHU on Twitter at [www.twitter.com/PCCHU](http://www.twitter.com/PCCHU),  
see us on Facebook at [www.facebook.ca/PCCHU1](http://www.facebook.ca/PCCHU1).



## Health Events For HCPs, cont'd

### Sexually Transmitted Infection Treatment and Follow-up: What is your role?

**Tuesday, September 22, 2015**  
8:00 a.m. - 9:00 a.m. - Light breakfast provided  
Peterborough County-City Health Unit,  
10 Hospital Drive, Board Room

Learn what resources are available to you:

- How to request Free STI medications for your office.
- Where to find up to date STI treatment guidelines.
- Roles and responsibilities of healthcare providers regarding Reportable Infections.
- How to complete our forms.
- What follow-up does the PCCHU do?

Register by **Friday, September 11, 2015**  
email Brenda Meeks at [bmeeks@pcchu.ca](mailto:bmeeks@pcchu.ca)

### Attention Family Physicians - Save the Date for a Breastfeeding MainPro Course

**Wednesday, October 14, 2015**  
1:00 p.m. to 4:00 p.m. (lunch provided at 12:30 p.m.)  
Board Room - Peterborough County City Health Unit,  
10 Hospital Drive

Dr. Lisa Graves - Associate Professor, University of Toronto  
Department of Family and Community Medicine

For family physicians, nurses and nurse practitioners who provide care for mothers and babies.

Registration will occur through the Ontario College of Family Physicians and information will be forwarded once available.

For more information about this event please contact Dawn Hanes, Public Health Nurse at [dhanes@pcchu.ca](mailto:dhanes@pcchu.ca) or by calling 705-743-1000, ext. 289