

Tetanus in Ontario

An unimmunized child from Grey Bruce was diagnosed with tetanus. This was the first recorded case of tetanus in Grey Bruce.

Tetanus (lockjaw) is rare in Ontario, on average one case per year. Tetanus is a serious disease caused when tetanus spores get into a cut or puncture wound. Tetanus spores are found everywhere, in soil, dust, and manure. The disease is not spread from person to person. Tetanus causes cramping of the muscles in the neck, arms, legs and stomach. It may also cause painful convulsions. Even with early treatment, tetanus has a fatality rate of about 20%; highest rates are found in infants and the elderly.

Tetanus vaccine is routinely administered in combination with vaccines against diphtheria, pertussis, polio, and Haemophilus influenza type b to children at 2, 4, 6, and 18 months of age. Completion of the primary series provides more than 99% protection. Booster doses of tetanus vaccines are given at 4 to 6 years of age and 14 to 16 years of age. A booster dose is recommended for adults every ten years for continued protection.

For information go to the Ontario Publicly Funded Immunization Schedule or call a Vaccine Preventable Disease Program Nurse at 705-743-1000.

Source: Grey Bruce Health Unit News Release, May 29, 2015

When Meningococcal Vaccine is Due...

The Health Unit has recently sent out letters regarding the Immunization of School Pupils Act. A parent may come to your office with one of these letters requesting immunization with the meningococcal vaccine for students in school. CHECK THE AGE OF THE STUDENT TO DETERMINE WHAT VACCINE IS REQUIRED:

- under 12 years of age require a meningococcal C-C (Menjugate) on or after one year of age
- over or equal to 12 years of age require a meningococcal C-ACYW-135 vaccine (Menactra). This vaccine is provided in the grade 7 school based vaccine program. For those students who did not receive it at school they can now receive it through your office or the Routine Immunization Clinic at the Health Unit by appointment only. To request this vaccine, please visit www.pcchu.ca go to [For Professionals | Health Professionals | Vaccines](#) complete the form [Meningococcal ACYW 135 vaccine for school-based program](#). If you require the form or 1-2 doses in advance, call 705-743-1000, ext. 139.

Clostridium difficile Infection (CDI) in Our Community July 29 inservice at Health Unit



Clostridium difficile (C. Difficile) is widely distributed in the environment and colonizes up to 3-5% of adults without causing symptoms. It produces spores that are resistant to destruction by many environmental interventions, including a number of chemicals. C. difficile has been a known cause of healthcare-associated (nosocomial) diarrhea for over 30 years. Reported rates of C. difficile infection (CDI) range from 1 to 10 cases per 1000 discharges and 17 to 60 cases per 100,000 bed-days. C. difficile can cause asymptomatic infections or may result in severe, life-threatening disease. There has been an increase in the rates of CDI across Canada. Currently, CDI is not a reportable disease; however, outbreaks are reportable to the Health Unit.

CDI can be acquired in both healthcare and community settings.

The Peterborough Regional Health Centre (PRHC) and the Peterborough County-City Health Unit are working together to reduce CDI in the hospital and in our community. Watch for:

- a CDI inservice presented by the Regional Infection Control Network for long term care, retirement homes, hospital and staff in family physician offices. It will be held on Wednesday, July 29, 2015 at 8:00 a.m. to 9:00 a.m. at the Health Unit, 10 Hospital Drive (call 705-743-1000, ext. 135 to register);
- articles in upcoming FYI newsletters by PRHC Infection Prevention and Control Committee and the Health Unit;
- posters for family physician offices; and
- presentation on CDI on Friday, October 2, 2015 for long term care and retirement homes.

For more information, contact Marilyn Mitchell, Registered Nurse at 705-743-1000, ext. 270.

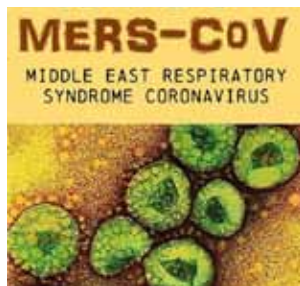
Reference:
Annex C: Testing, Surveillance and Management of C. difficile, PIDAC, PHO, January 2013

In this issue...

- Expanding Access to Naloxone
- Provincially-funded Medications Available from Sexual Health Program

MERS-CoV outbreak in the Republic of Korea (South Korea)

The Ministry of Health and Long-Term Care continues to collaborate with Public Health Ontario, the Public Health Agency of Canada and others to monitor the risk posed by the Middle East respiratory syndrome coronavirus (MERS-CoV),



including the cases of MERS-CoV infection recently reported by the Republic of Korea. The Ministry has revised the MERS-CoV case definition for a person under investigation (PUI) to include patients with acute respiratory infection who visited a healthcare setting in the Republic of Korea within 14 days before symptom onset. Healthcare workers should evaluate patients who meet the criteria for a PUI for MERS-CoV infection in addition to other common respiratory pathogens.

As the Ministry may make further changes to its guidance for MERS-CoV, healthcare workers and health sector employers are encouraged to visit this website regularly www.health.gov.on.ca and search [Guidance for MERS-CoV Healthcare Workers](#). Health sector employers and healthcare workers may contact the ministry's Healthcare Provider Hotline by email at emergencymanagement.moh@ontario.ca or by phone at 1-866-212-2272 with questions about health system readiness for MERS-CoV.

For more information, contact Infectious Disease program nurses at 705-743-1000.

NEW Report: Key Actions Recommended for Expanding Access to Naloxone

According to the Municipal Drug Strategy Coordinator's Network of Ontario, we are in the midst of a public health crisis. Canada is a world leader in per-capita opioid consumption, with Ontario as a leading province in opioid prescribing and dispensing. Over the past 15 years, more than 5000 Ontarians have died of an overdose, which includes those who use opioids as prescribed and those who do not. One drug, naloxone, is to opioid overdose as epinephrine is to anaphylaxis. And yet, while over 150 opioid medications are on the Ontario Drug Formulary, naloxone is not. The Municipal Drug Strategy Coordinator's Network of Ontario wants to change that.



In a recent guidance document entitled "Prescription for Life", 13 evidence-based recommendations have been made to reduce the barriers and widen the availability of naloxone. These recommendations are grouped into the following four categories:

1. Add naloxone to provincial, federal and Veterans Affairs Formularies.
2. Increase onsite naloxone access. For example, provide take-home naloxone kits to individuals receiving methadone maintenance therapy, upon discharge from a related hospital visit, or upon discharge from a correctional facility, given the higher risk for accidental overdose among these individuals.
3. Ensure health professionals and others can be lifesavers. For example, add naloxone prescribing to the scope of practice for both pharmacists and nurses.
4. Develop overdose policies. For example, create Good Samaritan Legislation for those who witness an overdose from an illicit substance. This provides limited immunity from prosecution, a major barrier cited by those who witness such overdoses in calling 911.

To learn more and read the full, five-page document visit: www.drugstrategy.ca.

Please visit the Health Unit's webpage at www.pcchu.ca go to [For Professionals | Health Professionals | Alcohol & Other Drugs](#) for a variety of information on opioid-related resources, including our fentanyl patch return program.

Reference:

Municipal Drug Strategy Co-ordinator's Network of Ontario. Prescription for Life. 2015. Web. 8 June 2015.

REMINDER: Submitting Applications for the Universal Influenza Immunization Program

This year the application period will begin May 15, 2015 with a closing date of June 30, 2015.

Some key elements of the application process for healthcare agencies and other organizations wishing to participate include:

- The Prequalification Form will be an online, paperless process and healthcare agencies and other organizations are encouraged to get their applications in early.
- A valid insurance policy, covering October 1, 2015 to March 31, 2016, is a requirement; however, inclusion of (or proof of) the insurance certificate is no longer required upon submission of the Prequalification Form.
- To try and accommodate as many participants in this year's UIIP as possible, public health units will likely only have one opportunity to inspect each organization to determine adherence to UIIP requirements. Staff within each organization must carefully read the [Vaccine Storage and Handling Guidelines](#).

Details about the 2015-16 UIIP requirements are available on the Ministry of Health and Long-Term Care website at www.health.gov.on.ca and search [Participate in 2015/16 UIIP](#).

Again, thank you for your interest in the 2015/16 UIIP. We look forward to your participation.

Available from Sexual Health Program Provincially-funded Medications

The Peterborough County-City Health Unit Sexual Health program will provide provincially-funded medications to family physician/nurse practitioner offices for the treatment of individuals with laboratory-confirmed or clinically-diagnosed chlamydia, gonorrhoea and syphilis.

If you are interested in participating please contact the Sexual Health Clinic at 705-748-2021. For those offices already participating please be advised that our Request for Medication Pick-Up form has been revised. We encourage you to use this new form when ordering additional medication.

Please visit the health unit's webpage at www.pcchu.ca go to [For Professionals](#) | [Health Professionals](#) | [Sexual Health](#) to download a copy of the [Request for Medication Pick-Up form](#).

Air Quality Health Index

The average person takes about 20,000 breaths a day. That's an amazing 10,000 litres of air that pass through your lungs - every day!

Each individual reacts differently to air pollution. Groups that are especially sensitive or at-risk to the adverse health effects of air pollution include children, the elderly, and those with pre-existing cardiac or respiratory diseases such as coronary artery disease (angina or heart attack), heart rhythm problems, heart failure, chronic obstructive pulmonary disease and asthma, to name a few. Diabetics also appear to be at greater risk, probably because of the relationship of diabetes with heart disease.

Negative health effects increase as air pollution worsens. Studies have shown that even modest increases in air pollution can cause small but measurable increases in emergency room visits, hospital admissions and death.

The Air Quality Health Index (AQHI) is a public information tool that helps Canadians protect their health on a daily basis from the negative effects of air pollution. The AQHI is calculated based on the relative risks of a combination of common air pollutants which are known to harm human health. These pollutants include:

- Ozone at ground level;
- Fine Particulate Matter also known as PM2.5;
- Nitrogen Dioxide (NO2).

This new health-based Index is easy for Ontarians to understand:

- It illustrates the level of risk with a number and colour scale of 1 to 10 or *higher.
- It labels the health risk as "low", "moderate", "high" or "very high".
- It forecasts local air quality for the next 24 hours.
- It suggests actions we can take to minimize our health risks.
- It talks about how we can reduce air pollution.

The Health Unit encourages healthcare providers to visit www.airqualityontario.com for more information on the AQHI, and promote this tool within their practice.

Health Events For HCPs

Clostridium Difficile Infection (CDI) in Our Community

Wednesday, July 29, 2015

8:00 a.m. - 9:00 a.m.

Board Room - Peterborough County-City Health Unit,
10 Hospital Drive

Barbara Shea, MLT, ART Microbiology, CIC
Network Coordinator , Public Health Ontario
Regional Infection Control Network – Central East

For Long Term Care, Retirement Residence, and Physician
Office Staff

RSVP by July 28, 2015

705-743-1000, ext. 135

Light breakfast, tea and coffee provided.

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
3 hour breastfeeding course that will provide education
about breastfeeding assessment, and medical management
for mother and baby of challenges that can occur with
breastfeeding.

For family physicians who provide care for mothers and babies.
Nurses and nurse practitioners working in family practice

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 or by calling
705-743-1000, ext. 289.

Health Events For Patients

Prenatal Classes for Patients

Our series of five, two-hour classes will prepare you for the
challenges of birth, caring for your baby, and becoming a
parent. You'll gain confidence as you explore up-to-date
information, practice new skills, share ideas, and connect
with other expecting moms and dads in a friendly and
supportive environment.

You'll learn about:

- Caring for your newborn
- Breastfeeding your baby
- Your baby's birth
- Comfort measures for labour (Lamaze)
- Medical management of pain and other interventions
- Changes and challenges of becoming parents
- Classes are led by experienced and enthusiastic Registered
Nurses who are committed to supporting you with
information you can trust to make informed choices for
you and your family.

Date: Classes are ongoing on week nights from 7:00 p.m. -
9:00 p.m. They start at the beginning of your third trimester
(28-30 weeks). Because classes fill up quickly, register as
soon as you know you are going to have a baby, to ensure a
spot.

Place: Board Room, Peterborough County-City Health Unit,
10 Hospital Drive Peterborough

Fee: \$50.00. This includes refreshments, the book *Baby's
Best Chance* and other resources, as well as free parking for
classes and your hospital tour.

Please let us know if the fee would prevent you from
attending, as subsidies are available.

To register or for more information, call or email the
Peterborough County-City Health Unit
705-743-1000, ext. 254 or 282 or info@pcchu.ca

Hospital Tour: To book a tour of the Peterborough Regional
Health Centre's Labour and Delivery area, please call
705-876-5017.

View the **FYI Newsletter** online at www.pcchu.ca under For Professionals | Health Professionals | FYI Newsletter