

## Surveillance of Enterovirus D68 (EV-D68)

In early fall 2014, there was an increase of EV-D68 infections in North America, with some patients presenting with severe respiratory symptoms. Rare cases of acute flaccid paralysis (AFP) were also reported that were likely related to EV-D68 infection.

In Ontario, the total number of respiratory specimens tested for EV-D68 at Public Health Ontario (PHO) in 2014 was 1,121, and of these, 100 (8.9%) tested positive for the virus. Of cases where AFP was documented and entered into the integrated Public Health Information System (iPHIS), two were confirmed positive for EV-D68, both in children less than 15 years of age.

EV-D68 is not a reportable disease in Ontario. However, AFP is reportable in those with an acute onset of focal weakness or paralysis, characterized as flaccid without other obvious causes (e.g., trauma), in children less than 15 years old.

As the 2015-2016 respiratory season approaches, the Ontario Ministry of Health and Long Term Care will be proactive in planning to monitor infections associated with EV-D68, in any age group, should the virus circulate this season:

- PHO has established linkages with key hospitals, such as the Hamilton Regional Laboratory and has requested to be notified when EV-D68 is diagnosed;
- PHO has also updated their EV-D68 webpage with general information on the virus and how to contact the laboratories when submitting specimens for EV-D68 testing;
- PHO Laboratories started testing for EV-D68 on August 3, 2015. Healthcare providers (HCPs) ordering enterovirus/EV-D68 testing are required to complete a Clinical Summary Form and a General Test Requisition Form (links to these forms can be found on the Public Health Ontario website).

If you have any questions, please call an Infectious Disease Nurse at 705-743-1000.

## The Immunization Well-Child Toolkit: Informing Your Patients about Childhood Vaccines

The Immunization Well-Child Toolkit is an online resource developed by the Ministry of Health and Long Term Care to assist healthcare providers in communicating the importance of childhood vaccines.

Included in the Immunization Well-Child Toolkit are three simple handouts to share with parents:

- *Why Vaccinations Are a Healthy Choice for a Strong Immune System* addresses top concerns from parents about vaccines to help them make informed and healthy choices for their children.
- *Tips for a Positive Immunization Experience* encourages parents to take steps before, during, and after a vaccine for a better immunization experience.
- *If You Choose Not to Vaccinate Your Child, Understand the Risks and Responsibilities.*

To access the Immunization Well-Child Toolkit, please click here or visit [www.pcchu.ca](http://www.pcchu.ca) under [For Professionals](#) | [Health Professionals](#) | [Vaccines](#).

## 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 contact Brenda Meeks at [bmeeks@pcchu.ca](mailto:bmeeks@pcchu.ca)

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

### In this issue...

Top Five High-Risk Practice Recommendations

NutriSTEP

Medication TAKE BACK!

## Top Five High-Risk Practice Recommendations

PIDAC's Infection Prevention and Control for Clinical Office Practice was developed in collaboration with the College of Physicians and Surgeons of Ontario to support those working in clinical office settings. Integrating best practices into routine care, and responding to infections appropriately decreases the risk of outbreaks, elevates the general level of practice and protects the public and office staff.

This year, PHO is focusing on the top five high risk practices in clinical office settings:

1. **Lancets, glucometers and insulin pens** – must be single-use only.
2. **Blood collection devices** – should be single use only, or cleaned thoroughly after use.
3. **Tonometers** – must undergo high level disinfection after use (alcohol not sufficient).
4. **Syringes and needles and use of vials for IM/IV medications and vaccines** – Syringes and needles must be single-use only and single-use vials are preferred.
5. **Sterilization logs** – required for all office/desktop autoclaves.

For complete information, please visit Public Health Ontario at [www.publichealthontario.ca](http://www.publichealthontario.ca) and search **Top Five High Risk Practice Recommendations** or call an Infectious Disease Nurse at 705-743-1000.

## Is Serologic Testing Recommended for Measles, Mumps and Rubella Immunity After Immunization?

**Measles:** Serologic testing is not recommended before or after receiving measles-containing vaccine. If serology is inadvertently done subsequent to appropriate measles immunization and does not demonstrate immunity, measles re-immunization is not necessary.

**Mumps:** Serologic testing is not recommended before or after receiving mumps-containing vaccine. Although generally used as criteria for immunity, the presence of mumps-specific IgG, as determined by enzyme immunoassay (EIA), does not necessarily predict the presence of neutralizing antibodies and, thus, immunity. Conversely, the absence of detectable mumps-specific IgG does not mean the person is susceptible. For further information regarding mumps serology refer to the Public Health Agency of Canada [Supplement: Guidelines for the Prevention and Control of Mumps Outbreaks in Canada](#).

**Rubella:** Serologic testing is not routinely recommended before or after receiving rubella-containing vaccine. Pregnant women without documented evidence of prior immunization with a rubella-containing vaccine should be serologically screened for rubella antibodies. Those found to be susceptible should be vaccinated with one dose of MMR vaccine in the immediate post-partum period, before discharge from hospital (unless they have received Rh immune globulin [Rhlg] - refer to Rh immune globulin and MMR vaccine in Immunization in Pregnancy and Breastfeeding in Part 3 of the Canadian Immunization Guide). Women who have been appropriately immunized post-partum do not need to be serologically screened for rubella antibodies either post-immunization or in subsequent pregnancies. Women who have been found to be serologically positive in one pregnancy do not need to be screened again in subsequent pregnancies.

**Reference:** [Canadian Immunization Guide](#)

**Questions:** Call a Vaccine Preventable Disease Nurse at 705-743-1000.



## PCCHU Opens at 185 King St. on November 23!



The Health Unit is pleased to announce that it will open its doors in downtown Peterborough on 185 King St. on Monday, November 23, 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.

## NutriSTEP®

Food choices, and opportunities for physical activity, directly affect children's health behaviours, growth, development, and academic performance. NutriSTEP® questionnaires, including a version for children 18 to 35 months (Toddler NutriSTEP®) and another version for three to five years (Preschooler NutriSTEP®) have been found to be appropriate measures of nutrition risk in these specific age groups, and will help identify at-risk children in our communities who would benefit from further intervention and support.

The parent-administered NutriSTEP® screens take 5-10 minutes to complete and cover five components that influence the nutrition status of young children including:

- food and nutrient intakes (i.e. quality and quantity of food and beverages consumed, and food preferences and acceptance);
- physical growth (i.e., weight, height, and growth patterns);
- developmental and physical capabilities that influence food intake (i.e. oral motor skills (chewing, swallowing); social, intellectual, and emotional maturity and skills; and food restrictions due to food allergies/intolerances);
- physical activity/ sedentary behaviour; and
- other factors affecting food intake and eating behaviours (i.e. food security; family food and eating preferences; nutrition knowledge; and feeding environment including adult role models and a supportive, nurturing atmosphere).

NutriSTEP® has three levels of nutrition risk with follow-up guidelines for parents. Children who are at low risk require no immediate follow-up. Parents of children who are at moderate risk are encouraged to refer to the educational resources: *How to Build a Healthy Toddler/Preschooler*, *Canadian Physical Activity/Sedentary Behaviour* guidelines for tips and information, and/or to call EatRight Ontario ([www.eatrightontario.ca](http://www.eatrightontario.ca)) to speak to a Registered Dietitian. Parents of children who are high risk are provided with the educational resources and are encouraged to talk to their healthcare provider to explore the need for a referral to a Registered Dietitian for a full nutrition assessment and counselling. From the validation research conducted previously, the expected prevalence of high risk children in Ontario is 10-15%.

Registered Dietitians are available locally via a referral through Family Health Teams or by referral to the Paediatric Outpatient Program (POP) Clinic at the Peterborough Regional Health Centre.

If your agency/clinic are interested in implementing NutriSTEP® or promoting the online version of the screens called Nutri-eSTEP ([www.nutritionscreen.ca](http://www.nutritionscreen.ca)) or please connect with a Public Health Nutritionist by emailing [nutrition@pcchu.ca](mailto:nutrition@pcchu.ca), or by calling Peterborough County City Health Unit at 705-743-1000.

Additional information and background about NutriSTEP® can be found on PCCHU website: [www.pcchu.ca](http://www.pcchu.ca) | [For Professionals](#) | [Health Professionals | Nutrition](#) | [Nutristep for Health Care Providers & Community Agencies](#)

Join us for this November's Fall Prevention Month in

## Medication TAKE BACK!

During the week of October 26-31, pharmacies will be hand-delivered a campaign package that includes:

- Prescription bottle cap stickers and side labels (bottles under 3cm)
- Bag tags for prescription bags
- Campaign Poster



In order to increase awareness of this campaign, posters will be delivered to city and county physicians and nurse practitioners' offices as well. It would be greatly appreciated if you could please post in your waiting room for your patients to see.

Remind Your Patients To 'Take it Back' and:

- Do not use medications after the expiry date;
- Clean out their medicine cabinet regularly; and
- Take them to their local pharmacy for free.

Knowledge is the best medicine.

For additional information call:

705-743-1000

Nicole Fraser, ext. 354

Injury Prevention Program OR

Deanna Vandenbroek, ext. 223

Substance Misuse Prevention Program





## Health Events For HCPs

### Question of Care: Helping Healthcare Providers Support Patients with Substance Misuse and Mental Illness

A Question of Care is a campaign that aims to engage health and social service professionals in the conversation about substance use and mental illness. The campaign aims to speak candidly about addiction and mental illness and encourage others to do the same. Informative and instructive, this effort will demonstrate how best to approach these difficult issues and provide educational modules to better guide professionals, help build skills around client or patient engagement and encourage knowledge exchange and collaboration.

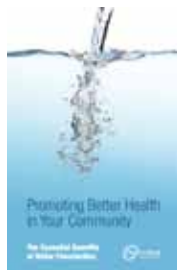
Healthcare providers are encouraged to sign up for the free community training events and learn more about issues related to mental health and addiction – AND build skills that can help to improve your practice. Visit [www.questionofcare.com](http://www.questionofcare.com) for training opportunities or to sign up for updates.



## Resources For Patients

### Promoting Better Health in Your Community: The Essential Benefits of Water Fluoridation

The Ontario Dental Association has recently published a valuable new resource to help decision makers understand the importance of community water fluoridation. It is beautifully designed, easy to read, and clearly organized into sections covering the basics of water fluoridation, such as the benefits, science, economics, FAQs and myths and facts. To access a copy, please visit [www.pcchu.ca](http://www.pcchu.ca) | [My Home & Environment](#) and click on [Fluoride in Drinking Water](#).



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see us on Facebook at [www.facebook.ca/PCCHU1](http://www.facebook.ca/PCCHU1).



## Health Events For Patients

**NEW!**

### Weekend Prenatal Classes: Coming in 2016!

Due to the popularity of prenatal classes and requests from the public for a weekend option, the Health Unit will pilot four weekend series starting in 2016. A weekend series will consist of two consecutive Saturdays with classes running from 9:30 a.m. - 3:30 p.m. The class content will be the same as the comprehensive five night weekday series. They will take place at the Health Unit's new location at 185 King st. in downtown Peterborough.

Although attending prenatal classes is a rite of passage for many, a 2014 Ontario survey found that approximately one-quarter of parents who didn't take prenatal classes wish they had. When asked why, the top reasons cited for not participating was the belief that the information could be accessed through other sources, and a general lack of awareness.

Parents report that classes increase their competency and their capacity to birth and to care for their new baby by reducing fear and anxiety. Recommendations from a healthcare provider and the desire to meet other future parents in a group setting motivate many to sign up.

To ensure your families receive the benefits of prenatal education please encourage them to connect with the Health Unit by phone or online via our **Pregnant in Peterborough** portal

If group education isn't their preferred method of learning, a Public Health Nurse is happy to explore other options and to help develop a customized learning plan to meet their needs for birth and beyond.



### Source:

*The Delivery of Prenatal Education In Ontario: A Summary of Research Findings.*  
Best Start Resource Centre 2014