

For Your Information

News for Healthcare Providers in Peterborough County and City



Zika Virus Update

The Public Health Agency of Canada (PHAC) has recently confirmed travel-related cases of Zika virus from Central and South America. Since



Zika virus is spread through mosquito bites, travellers to Central and South America, particularly pregnant women or those considering becoming pregnant, should protect themselves from mosquito bites, including using insect repellent, protective clothing, mosquito nets, screened doors and windows. There is no vaccine or medication that protects against Zika virus infection. As symptoms of Zika are often mild, infection may go unrecognized or be misdiagnosed as dengue. If symptoms similar to Zika virus infection occur while travelling or after return, the PHAC recommends that a healthcare provider should be consulted and travel history provided. Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided until dengue can be ruled out to reduce the risk of hemorrhage.

While PHAC is not advising any travel restrictions related to this event at this time, a Travel Health Notice has been posted to provide advice to Canadian travellers. Mosquitoes known to transmit the virus to humans are not present in Canada and thus, the risk to Canadians is low. To date, there have been no reported cases of locally-acquired Zika virus in Canada. The risk of virus establishment in Canada is low. Current evidence suggests that Zika virus is likely to persist and spread in the Americas and the South Pacific and thus, there is ongoing risk to Canadians travelling to these endemic regions.

Given the unresolved uncertainty about Zika virus and its role in causing fetal anomalies, a precautionary approach is being recommended. As links to microcephaly are currently being studied, it is recommended that pregnant women and those considering becoming pregnant discuss their travel plans with their healthcare provider to assess their risk and consider postponing travel to areas where the Zika virus is circulating in the Americas. If travel cannot be

postponed, then strict mosquito bite prevention measures should be followed to protect themselves against bites. For an up to date list of these countries, visit the PHAC at www.phac-aspc.gc.ca and on the left sidebar under "Travel Health" there is a February 3, 2016 notice entitled "Zika virus infection in the Americas". This link is also available on our website at www.pcchu.ca under [For Professionals | Health Professionals | Alerts](#) and click on Health Canada Travel Notices on the right sidebar below "Resources".

As of February 9, 2016, all asymptomatic pregnant women who have spent time in one of these countries can be tested with Zika virus serology 2 to 12 weeks after returning home. For information on testing, please visit www.publichealthontario.ca and click on Zika virus infection under hot topics where you will find a sub-section entitled "Laboratory testing information". A link to this webpage is also available at www.pcchu.ca under [For Professionals | Health Professionals | Alerts](#) and click on the "Public Health Ontario – Zika virus infection" link dated February 10, 2016. If your pregnant patient or her sexual partner are ill with compatible symptoms, such as fever, skin rashes, conjunctivitis, muscle and joint pain, malaise, and headache, following a possible exposure, then PCR testing is recommended.

Should Zika infection be confirmed in pregnancy, it is advised that your patient be referred to a fetal medicine specialist who can determine whether amniocentesis for PCR testing should be performed. Additionally, if you detect fetal anomalies and the mother has risk factors for maternal Zika infection, please advise the fetal medicine specialist to whom you are referring so that appropriate testing can be done. Visit our website or go to PHAC's Committee to Advise on Tropical Medicine and Travel (CATMAT) website (same link as noted above) and do a search for "CATMAT" and scroll down to the Zika virus link. This is also available on our website under the February 10, 2016 alert webpage as noted above.

If considering Zika virus testing in other clinical situations, call the Public Health Ontario Laboratories Customer Service Centre at 1-877-604-4567.

For more information and links to additional resources, please visit our website at www.pcchu.ca under [For Professionals | Health Professionals | Alerts](#).

In this issue...

- Updated Fetal Alcohol Spectrum Disorder (FASD) Guideline!
- Health Unit Launches "When You See Me Breastfeeding..." Campaign

Immunization of Students

The Health Unit is currently in the process of enforcing the *Immunization of School Pupils Act*. We have sent notices to parents of students in high school who are inadequately immunized for their age. Please ensure that you have sufficient vaccine in your office to accommodate requests for immunization and ensure that the dates of immunization are reported to the Health Unit.



The first notices for elementary school-aged children will be initiated in mid-March. If you have any questions, please call a Vaccine Preventable Disease Nurse at 705-743-1000, ext. 139.

Increase in Influenza-Like Activity in Peterborough

There's been a steady increase in respiratory related visits to Peterborough Regional Health Centre Emergency Department. The Peterborough County-City Health Unit has received seven laboratory confirmed cases of influenza this year and one long term care facility is reporting a respiratory outbreak. Vaccine is still available at pharmacies and healthcare provider offices.

For more information, visit: Public Health Ontario Influenza bulletin or the Public Health Agency of Canada or call a Vaccine Preventable Disease Registered Nurse at 705-743-1000, ext. 139.

FYI Newsletter: Celebrating 20 Years!

We are pleased to announce that the FYI newsletter is celebrating its 20th anniversary in 2016! For two decades this monthly publication has delivered quality and credible public health information to the primary care sector. The FYI was originally created by Edwina Dusome, Manager of Infectious Diseases at the Health Unit, and she continues to serve as editor. To check out past issues, visit the FYI archives on our website at www.pcchu.ca under For Professionals | Health Professionals | FYI Newsletter.

Updated Fetal Alcohol Spectrum Disorder (FASD) Guideline!

In December 2015, a new Canadian guideline was published in the Canadian Medical Association Journal (CMAJ). The guideline, primarily for multidisciplinary diagnostic teams, provides recommendations for detecting and diagnosing FASD.



FASD is a neurodevelopmental disorder stemming from prenatal alcohol exposure. Individuals with FASD can experience complex behavioural and intellectual problems that continue throughout the lifespan and can become increasingly complex if unsupported. The need for early and accurate diagnosis is critical for improving outcomes and quality of life.

The new guideline provides recommendations on the screening, referral and support for pregnant or postpartum women and for individuals at risk of FASD. Although the guideline is aimed at healthcare providers with specialized training and experience in FASD who are part of multidisciplinary diagnostic teams, family physicians and other healthcare providers who work with pregnant and postpartum women will find the guideline useful.

Key recommendations for diagnosis of FASD include:

- Counselling women and their partners about abstinence from alcohol during pregnancy or when planning a pregnancy;
- Screening all pregnant women and new mothers for alcohol use by trained professionals using tested tools and providing interventions;
- Referring individuals for possible diagnosis if there is evidence of prenatal exposure to alcohol at levels associated with adverse brain function; and
- Conducting complete social and medical histories of patients suspected of having FASD.

For the complete article visit: www.cmaj.ca and search December 14, 2015 - 141593



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

Health Unit Launches "When You See Me Breastfeeding..." Campaign

The Peterborough County-City Health Unit, along with community partners, is launching a community-wide campaign this spring to support breastfeeding for low income mothers – a group generally considered 'at risk' of not breastfeeding or early cessation of breastfeeding.

The first phase of this project involved meeting with local mothers who had recently given birth to learn about their experiences with breastfeeding. To participate, mothers self-identified as having low income based on the criteria "worry about having enough money for food or housing".

The "When You See Me Breastfeeding..." campaign draws from the findings of these focus groups. The themes of loss of control and disempowerment were evident when women talked about their breastfeeding experiences.

Students from the School for Young Moms (many of whom experience low income/poverty) provided input into the design of communications materials that would be empowering to low-income mothers, and provide a positive message about breastfeeding! The results are four designs featuring five of those students who are also breastfeeding mothers.

The campaign will consist of bus ads, displays and a poster campaign.

For more information, and to receive posters or to book the banner display contact Dawn Hanes, Public Health Nurse at dhanes@pcchu.ca



24/7 Breastfeeding Hotline via Telehealth

New and expectant mothers can access expert advice and support for breastfeeding 24/7, through Telehealth.

This free service is provided by Registered Nurses who have also received training in breastfeeding and lactation support. For more complex situations, lactation experts will also be available.

The service is provided in English and French with 24/7 access to telephone interpreters in more than 100 languages and a direct TTY number for those with hearing and speech difficulties:

1-866-797-0000 or TTY: **1-866-797-0007**

A list of local breastfeeding clinics and supports can be found at www.pcchu.ca under My Life & Health | Parent & Caregivers | Breastfeeding and click on Breastfeeding Help.

Health Training For HCPs

Enhanced 18-Month Well-Baby Visit: Online Courses

What happens early in life can affect the trajectory of lifelong health, learning and behaviour; this is why we recognize

18-months as a key developmental milestone for children. The Enhanced 18-Month Well-Baby Visit is an opportunity for parents to discuss their child's development, with their healthcare provider during a longer, in-depth visit. Be informed and prepared to discuss this important milestone with free, accredited courses from McMaster University, visit 18monthvisit.ca.

For information about local resources or a visit from a Public Health Nurse, please contact Leisa Baker at lbaker@pcchu.ca or 705-743-1000, ext 312.

Prevention in Hand Website & Mobile App

At the recent Family Medicine Forum (FMF), the College of Family Physicians of Canada (CFPC) successfully



launched the "Prevention in Hand" (PiH) website and mobile application. PiH was developed with the Public Agency of Canada (PHAC) to provide Canadian healthcare professionals and the public with reliable and easily accessible health information, clinical guidelines, and practical tools to promote active and healthy lifestyles. College members can also earn MAINPRO® credits through eLearning modules on the PiH website.

Check out these features at www.preventioninhand.com and view a short video about PiH at www.preventioninhand.com/video.aspx.

If you have any questions or comments about the PiH website or app, please email contact@preventioninhand.com.

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



Health Events For Patients

Prenatal Health Fair for Expecting Parents Monday, February 22, 2016 6:00 p.m. to 8:30 p.m.

This event is free and open to everyone with an interest in learning how best to prepare for having a baby, and about the supports available in the Peterborough area. The Prenatal Health Fair features interactive displays and demonstrations on a wide variety of topics such as nutrition for baby and Mom, becoming a parent, baby's development, and much more.

Car seat experts from the newly-formed Peterborough and Area Car Seat Committee share tips and answer questions about how to safely buckle up baby, a massage therapist demonstrates infant massage techniques, a chiropractor recommends ways to prevent back pain in pregnancy and hospital staff share the many ways they provide support to get breastfeeding off to a good start. Fathers-to-be won't want to miss trying on the "Empathy Belly" and visiting the fathering display. You will enjoy a refreshment and might even win the door prize!

The Prenatal Health Fair is hosted by the Peterborough County-City Health Unit with partner agencies and local services.

For more details, please call Kris Hazlitt at the Peterborough County-City Health Unit at 705-743-1000, ext. 254.

Resources For Patients

Choose to be ...Smoke Free, is a FREE tobacco cessation support program for anyone 16 to 45 years old, that combines behavioural counselling and access to free nicotine replacement therapy (NRT), made possible with funding from the Ministry of Health and Long-Term Care.

Appointments are available at the Health Unit until March 31, 2016 on:

- Mondays from 9:00 a.m. – 12:00 p.m.; and
- Thursdays from 1:00 p.m. – 4:30 p.m.

Clients can register by calling 705-743-1000, ext. 330.