

For Your Information

News for Healthcare Providers in Peterborough County and City



Community-Wide Influenza Outbreak

This week Medical Officer of Health Dr. Rosana Salvaterra declared a community-wide influenza outbreak due to a recent increase in the number of confirmed local cases. This outbreak affects the City and County of Peterborough.

More than 50 lab-confirmed cases have indicated that both Influenza A and Influenza B strains are circulating. One long-term care facility has both. The strains in the vaccine this year are a good match with the circulating strain of Influenza A (H1N1) pdm 09. Both Influenza B Phuket (contained in the trivalent vaccine) and Influenza B Brisbane (contained in the quadrivalent vaccine) have been isolated in Ontario.

Use of Antivirals

Most Influenza A strains are resistant to amantadine. Oseltamivir (Tamiflu™) and zanamivir (Relenza™) are recommended for the prevention or treatment of both Influenza A and B. So far only 1 of 146 Influenza A H1N1 pdm 09 strains tested in Ontario was resistant to oseltamivir. Unimmunized staff in outbreak facilities should be taking prophylaxis antiviral medication for the duration of the outbreak. Antiviral treatment of influenza should commence as soon as possible for any confirmed or suspect case that is hospitalized; has severe, complicated or progressive illness; or is at higher risk for influenza complications.

Please make sure that you and your staff are protected. Provide masks, tissues/garbage for tissue, and hand sanitizers in your office for clients and staff and encourage their use appropriately. Provide a separation between symptomatic and well clients, i.e. cough corner.



Cough Corner



Peterborough County-City
Health Unit
...because health matters!

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For further information, please contact:
Public Health Nurse,
Vaccine Preventable Disease Program
705-743-1000, ext. 131.

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Working with Vaccine-Hesitant Parents

Despite vast evidence, almost one-quarter of Canadian parents report that their children have not received at least one of the recommended vaccinations. Vaccine hesitancy is a complex issue with multiple determinants. Healthcare providers are crucial in engaging vaccine-hesitant parents in a decision-making partnership. Here are some helpful pointers:

1. Understand the specific vaccine concerns of the parent

- Not every parent has the same concerns; ask parents what they are most worried about and to describe their understanding of disease risks and vaccine benefits and risks.
- Validate and clarify why a specific belief about a vaccine is held, especially if it is based on misinformation or misunderstanding.
- Try not to bring up false vaccine allegations that the parent has not brought forward as this may plant new concerns.
- Correct specific misconceptions if parents have them.



2. Use clear language to present vaccine benefits and risks fairly and accurately

Remind or inform parents:

- Their decision not to immunize on time can have consequences for others.
- Herd protection is not possible for every disease (e.g. tetanus).
- About the rigour of the vaccine safety system in Canada.
- That a 'wait-and-see' plan to vaccinate only in an outbreak scenario places the child in a precarious position as full protection against many diseases (e.g. pertussis) cannot be achieved with one dose and vaccines require time to create immunity.
- That disease and complication risks are high, and may not be correctable even with medical care.
- That vaccines are safe and effective, and serious disease can occur if your child and family are not immunized.

Framing your message:

- For parents who are vaccinated themselves, invoking parent-child equity can help in discussions. Consider asking questions such as: *"Don't you want your child to have the same protection from disease that you had?"*
- Use presumptive style rather than participatory; for example, *"Your child needs to receive her vaccine today."* Instead of, *"What do you want to do about immunization?"*

3. Use a combination of evidence-based and anecdotal approaches

Too much science will frustrate some parents while too little will frustrate others. Be prepared to use a mix of science and personal stories that will be most effective in addressing parents' questions. Which approach to use will depend on your knowledge of the family. Avoid using jargon that can be misconstrued or misunderstood.

4. Address the issues of pain with immunization

For many parents, immunization pain is a source of distress that is often overlooked. Provide multiple strategies for pain management that parents can try. Physical, psychological and pharmacological strategies are available on www.immunize.ca.

Resources:

- Immunize Canada - www.immunize.ca
- Immunization Communication Tool for Immunizers from British Columbia - visit www.immunizebc.ca, click on [For Health Professionals](#) in the right side panel, then search for "communication tool".
- Caring for Kids - www.caringforkids.cps.ca

Please don't hesitate to speak with a public health nurse if you have questions about working with vaccine-hesitant parents. Call us at 705-743-1000, ext. 131.

Zika virus

Learn about Zika virus, its causes, symptoms, risks, treatment and prevention. Also find information on surveillance and guidance for health professionals. Visit www.canada.ca click on Health | Diseases and Conditions and search Zika virus.

ADVICE TO TRAVELLERS TO ZIKA-AFFECTED COUNTRIES

PROTECT AGAINST ZIKA VIRUS BY PREVENTING MOSQUITO BITES

PREGNANT WOMEN & THOSE PLANNING A PREGNANCY

- Avoid travel to areas of ongoing Zika virus outbreaks.
- If travel cannot be avoided or postponed, strict mosquito bite prevention measures should be followed.

MOSQUITOES BITE IN DAYLIGHT AND EVENING HOURS

Prevent mosquito bites:

- Use insect repellent
- Cover up: wear light-coloured long-sleeved shirts and long pants
- Use bed nets: they can also cover playpens, cribs or strollers
- Stay in rooms with air conditioning
- Keep windows/door screens in good repair

MONITOR YOUR HEALTH AND WATCH FOR THESE SYMPTOMS:

- low-grade fever
- rash
- red eyes
- muscle or joint pain
- lack of energy
- headaches

If you get sick while travelling or within 14 days after your return, see a health care provider and tell them where you have been travelling or living.

For more information: Canada.ca/zika-virus

Public Health Agency of Canada

Canada

ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES

ZIKA VIRUS IS MAINLY SPREAD TO PEOPLE THROUGH THE BITE OF INFECTED MOSQUITOES

Zika virus infection in a PREGNANT WOMAN could be TRANSMITTED TO HER DEVELOPING BABY.

On some occasions, IT HAS ALSO BEEN REPORTED TO BE TRANSMITTED THROUGH:

- Sexual contact with semen from an infected man
- Blood transfusions from infected donors

IF YOU ARE A:

WOMAN WISHING TO BECOME PREGNANT – wait at least two months after your return before trying to conceive.

MAN – use condoms for two months after your return with a partner who could become pregnant and use condoms for the duration of the pregnancy with a partner who is pregnant.

BLOOD DONOR – wait at least 21 days after your return to donate blood.

If you get sick while travelling or within 14 days after your return, see a health care provider and tell them where you have been travelling or living.

For more information: Canada.ca/zika-virus

Public Health Agency of Canada

Canada

Reminder: Rabies Fax Line at PCCHU

Please fax and call us when reporting a potential rabies exposure!

We wanted to remind you that for reporting Rabies and Animal Exposure Incidents to use the following fax number: 705-743-1203.

To ensure that our we comply with our privacy and security requirements and meet our Accountability Agreement Indicators, we request that all rabies incident reports be sent through this fax number and called in to 705-743-1000 during business hours, from 8:30 a.m. to 4:30 p.m. Monday to Fridays. After hours, on weekday evenings or on weekends, please fax to the same fax number and call 705-760-8127 to speak to an after-hours Inspector or Manager.

For general rabies consultations, please contact Inspection Services at 705-743-1000, ext. 228.

Make it a “FOB-less” Month for Your Male Patients and Get Them FOB-Tested!

March is Colon Cancer Awareness Month and healthcare providers play an important role in encouraging patients to get screened with the fecal occult blood test (FOBT).

- In Ontario, colon cancer is the second leading cause of cancer death in men. Despite this fact, many men aged 55 to 65 are not getting screened.
- It is particularly important to encourage your male patients between the ages of 55-65 to get screened for colon cancer as the likelihood of detecting screen-relevant lesions increases during this time period.
- Men are more likely to have never been screened for colon cancer than women.
- This month, Cancer Care Ontario is urging men aged 55 to 65 to participate in screening.

Colon cancer screening is available to all Ontarians aged 50 to 74 through ColonCancerCheck, Ontario's organized cancer screening program. More information is available at www.ontario.ca/coloncancercheck.

Health Training For HCPs

Influenza Pandemic: Is Your Organization Prepared? A Table-top Exercise

Tuesday, April 19, 2016
8:30 a.m. - 12:00 p.m.
Evinrude Centre,
911 Monaghan Road, Peterborough, ON

This half-day exercise provides an opportunity for organizations in Peterborough City and County to participate in a large-scale human-health related table-top exercise. Representation from: transportation, health, emergency response, First Nations, social services, media, education, day care, long term care, funeral homes, faith based groups, volunteer groups, personal support groups, vulnerable populations, utilities, industries, retail, group homes, pharmacies, animal services, financial institutions, agricultural sector, government, etc. are invited to participate in this exercise.

Register by **March 31, 2016** - visit www.pcchu.ca and click on **Register Here! Influenza Pandemic: Is Your Organization Prepared?**

TEACH Core Course: An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder

May 9 - 11, 2016
Toronto, ON

This classroom based introductory course will help learners to screen, assess and treat people with tobacco dependence using evidence-base approaches.

\$150 within Ontario

Contact: 416-535-8501, ext. 31600
Website: www.teachproject.ca
Email: teach@camh.ca

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 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.