



## IMPORTANT UPDATE: Sexually Transmitted and Blood-borne Infections

### HIV and Syphilis

In June 2017, Peterborough Public Health (PPH) received multiple reports of possible contacts for HIV and syphilis. The window period for HIV has passed for these contacts however PPH is unable to confirm the identity of the contacts and is reaching out to area healthcare providers to encourage testing for these and other sexually transmitted infections among men in their practice who have had unprotected sex with men (MSM). Testing is also available at the Sexual Health Clinic and PARN/Positive Care Clinic.

### Gonorrhea

Also, in June 2017, case reports of gonorrhea in Peterborough County and City increased. These cases were reported for a variety of ages, genders and sexual orientations.

PPH would like to remind all area healthcare providers to refer to the [Public Health Ontario guidelines \(2013\)](#) for the testing and treatment of gonorrhea. First-line treatment is particularly important given growing gonorrhea resistance. Currently, first-line treatment is Ceftriaxone 250 mg IM plus Azithromycin 1 g PO. Please note the aforementioned guidelines include a [Quick Reference Guide](#) and [Frequently Asked Questions](#) that you might find useful.

### Chlamydia

The number of chlamydia cases in Peterborough increased 28.9% between 2011 and 2016. In the past 10 years, the number of cases has almost doubled from 260 to 517 cases per year, paralleling a trend across Ontario. Age ranges of chlamydia cases in 2016 were typical as was the distribution of male and female cases. The 2016 Peterborough rate was higher than both the provincial rate and the previous local five-year average rate. Some of the increase seen in Peterborough may be attributable to changes in preventative screening guidelines for cervical cancer<sup>1</sup>.

As a result of research findings on the effects of changes in cervical cancer screening guidelines on chlamydia testing, PPH recommends that all primary healthcare providers provide annual screening for chlamydia of sexually active women under 25 years of age as per the Centers for Disease Control (CDC) recommendations.<sup>2,3,4</sup> Screening is both cost effective and cost saving. Given that the cervical cancer screening recommendations are no longer annual and asymptomatic infections account for about 70% of all infections in women, consider opportunistic annual screening when such women present for other reasons or medical conditions.

If your office is interested in stocking a supply of free provincially-funded medications to treat chlamydia, gonorrhea and syphilis, please contact the Sexual Health Clinic at 705-748-2021.

### References:

<sup>1</sup>Michelle S. Naimar, Jeffrey C. Kwong, Deepit Bhatia, Rahim Moineddin, Michael Whelan, Michael A. Campitelli, Liane Macdonald, Aisha Lofters, Ashleigh Tuite, Tali Bogler, Joanne A. Permaul, and Warren J. McIsaac. The Effect of Changes in Cervical Cancer Screening Guidelines on Chlamydia Testing. *Ann Fam Med* July/August 2017 15:329-334; doi:10.1370/afm.2097

<sup>2</sup>Canadian Guidelines on Sexually Transmitted Infections. Section 5 – Management and Treatment of Specific Infections. Ottawa: Public Health Agency of Canada: Evergreen ed. [updated 2013 Feb 1; last accessed 2016 Dec 16].<sup>3</sup>Centers for Disease Control & Prevention. 2015 Sexually Transmitted Diseases Treatment Guidelines. Atlanta: U.S. Department of Health and Human Services [last updated 2015 Jun 4; last accessed 2016 Dec 16].<sup>4</sup>Centers for Disease Control & Prevention. Sexually Transmitted Diseases (STDs) – STD & HIV Screening Recommendations. Atlanta: U.S. Department of Health and Human Services. [last updated 2016 Feb 11; last accessed 2016 Dec 16]

To access related online links and resources go to [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) under For Professionals | Health Professionals | FYI Newsletter

## Coming Soon - Fall 2017

ICON (Immunization Connect Ontario) is a NEW secure online system for submitting student immunization information to Peterborough Public Health. Parents will be able to gain access to their child's immunization record from Peterborough Public Health's (PPH) website. They will also have the ability to add immunizations online through PPH's website.

Questions? Call a Vaccine Preventable Disease Program Nurse at 705-743-1000, ext. 131.

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## Important Update: Mantoux Solution Used for Tuberculin Skin Testing

Publicly-funded tuberculin skin test solution (brand name: Tubersol®), used to administer the TB skin test, can be acquired through Peterborough Public Health (PPH) for insured tests. These include:

- Screening a potentially exposed patient for TB infection
- As a requirement for admission or continuation in a day care or pre-school program or a school, community college, university or other educational institution or program (including any included work placements)
- As part of an admission to a Long Term Care facility

A TB skin test is NOT covered when:

- Requested solely as a condition for obtaining employment
- Required by an employer on an annual or other periodic basis

Vials of Tubersol contain 10 doses and must be discarded one month after opening. Thus, wastage may occur if 10 doses are not utilized within the month.

PPH will provide Tubersol® for both insured and uninsured purposes, but we require your assistance in determining the extent of wastage occurring at healthcare provider offices. Please return all vials to us, whether expired or used. A form will be used to collect information and can be returned with the vial. This form will be included in your vaccine carry bag and will request collection of the following information:

### Tubersol Solution Tracking (10 dose vial)

Health Care Provider Name:			
Lot Number:			
Date Ordered:			
Date Opened:			
	Insured Use	Uninsured Use	Not Used
1. Initials of patient or wasted			
2. Initials of patient or wasted			
3. Initials of patient or wasted			
4. Initials of patient or wasted			
5. Initials of patient or wasted			
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9. Initials of patient or wasted			
10. Initials of patient or wasted			

### For more information or questions, contact:

Christine Lowe 705-743-1000, ext. 260 for ordering TST solution and/or call an Infectious Disease Nurse at 705-743-1000, ext. 13.

## 2017-2018 School Based Immunization Clinics

A reminder for the upcoming 2017-18 school year, grade 7 boys and girls will be eligible to receive the following publicly funded vaccines: Menactra, Hepatitis B and Human Papillomavirus (HPV). These three vaccines will be administered in school-based clinics. The 2016-17 school year was the last year that we administered the HPV vaccine to grade 8 girls. Girls who were eligible for the HPV vaccine in grade 8 and missed their immunization continue to be eligible for the publicly funded vaccine until the end of grade 12. Boys who are in grades 9 to 12 during the 2017-18 school year are NOT eligible to receive the publicly funded HPV vaccine. However, boys in grade 8 that may have missed their opportunity to receive vaccine(s) last year remain eligible for the HPV vaccine. For non-eligible children, the vaccine can be purchased privately.

For further information, please go to [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) or call Vaccine Preventable Disease Public Health Nurses at 705-743-1000, ext. 131.



## Ontario Antimicrobial Stewardship Program Comparison Tool

Public Health Ontario (PHO) has launched the Ontario Antimicrobial Stewardship Program (ASP) Comparison Tool: an interactive report can be used to compare ASP elements and strategies in participating Ontario hospitals.

This tool is based on results of a voluntary survey of Ontario hospitals and hospital corporations. This unique resource is the first of its kind in Canada. Hospitals can use this tool to plan and evaluate their own ASPs by seeing what strategies other hospitals have implemented.

PHO promotes and supports ASPs in Ontario. ASPs are important for limiting inappropriate antimicrobial use, while improving antimicrobial therapy and clinical outcomes for patients.

For more information, see the comprehensive resources on the [www.publichealthontario.ca](http://www.publichealthontario.ca). or questions about this tool or about building your program, contact [ASP@oahpp.ca](mailto:ASP@oahpp.ca).

## Rabies Guidance Document for Healthcare Providers

Public Health Ontario (PHO) has released the new *Management of patients with suspected rabies exposure: Guidance for healthcare providers working with your local public health unit (April 2017)*. This document aims to support healthcare providers to better work in collaboration with their local public health agency ensuring a more seamless response. It nicely outlines how to adequately perform risk assessments for rabies exposures including dogs, cats, and bats in clear and visual algorithms.



For a copy of this document, visit: [www.publichealthontario.ca](http://www.publichealthontario.ca) search **Rabies**

## CAMH releases Canada's Lower-risk Cannabis Use Guidelines

In June 2017, the Centre for Addiction and Mental Health released *Canada's Lower-risk Cannabis Use Guidelines*.

The guidelines address the fact that, despite the health risks of cannabis use, the rate of cannabis use in Canada is among the highest in the world. More than 10 per cent of adults and 25 per cent of adolescents report cannabis use over the past year. The health risks range from problems with memory and physical coordination, to motor vehicle accidents and mental health or dependence problems.

As Canada moves towards legalization with the introduction of the federal Cannabis Act, it provides an opportunity not only to regulate the use and supply, but also to educate and inform cannabis users to prevent or reduce cannabis-related health problems.

To read the new guidelines, visit [www.camh.ca](http://www.camh.ca) and search for "cannabis guidelines".

## SLEEP is Extremely Important for Children's Development

Research is showing that over the last two decades, the quantity and quality of sleep for children and youth has steadily decreased. Lack of adequate sleep affects development, self-regulation, behaviour, physical activity and can lead to obesity.



Visit [www.publichealthontario.ca](http://www.publichealthontario.ca) search **Effects of inadequate sleep on the health of 0-19 year olds**.

Your patients are also encouraged to call Peterborough Public Health's Family HEALTHline to speak to a public health nurse about any questions or concerns regarding sleep and safe sleep environments at 705-743-1000.

In addition, information and brochures are available for your patients from the Canadian Paediatric Society. Visit [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca) search **Healthy Sleep for Your Baby and Child** and **Teens and Sleep: Why You Need It and How to Get Enough**

The following books are available at the Peterborough Public Library: **Teach Your Child to Sleep**, by Millpond Children's Sleep Clinic, 2016. **Better Sleep for your Baby and Child**, by Dr. Shelly K. Weiss, The Hospital for Sick Children, 2006.

## Events For HCPs

### Infection Prevention and Control Network for Non-Acute Care Facilities

(Nursing Homes and Retirement Homes)

**SAVE THE DATE: Wednesday, August 23, 2017**

9:00 a.m. - 11:00 a.m.

Peterborough Public Health

Second Floor, Jackson Square, 185 King Street

Public Health Ontario invites you to participate in a Non-Acute Care Facilities Infection Prevention and Control (IPAC) Interest Group. This networking group provides plenty of opportunities to share your IPAC concerns and discuss their solutions in a safe environment. You will be surprised to learn about more than one solution to your IPAC problem. Participants decide what topics to discuss and we are there to facilitate ensuring a learning experience for everyone.

So join us to network, share and learn in a friendly environment! Watch for an Eventbrite meeting request from Public Health Ontario.

### Immunizations for School-Aged Children

**Wednesday, August 30, 2017**

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

Peterborough Public Health

Second Floor, Jackson Square, 185 King Street

Inservice for Family Physician and Nurse Practitioner office staff. Light breakfast provided.

To register please call 705-743-1000, ext. 135

### Treating Poverty Training Event

**SAVE THE DATE: September 15, 2017**

FACILITATOR: DR. SAMANTHA GREEN

8:30 a.m. - 4:30 p.m.

Peterborough Public Health

Second Floor, Jackson Square, 185 King Street

Poverty represents a significant and reversible risk factor for poor health. This practical and active learning Treating Poverty workshop is a CFPC Certified Group Learning. Additionally, it supports the development of relevant clinical skills, a deeper understanding of the federal and provincial income security systems and other related resources.

GET CERTIFIED MAINPRO+ CREDITS.

Register now on Eventbrite: [www.eventbrite.ca](http://www.eventbrite.ca) search **Treating Poverty Training Event**

**Lunch will be served! Limited spots available!**

## Resources For Patients

### Infant Formula: What You Need to Know 2017

Peterborough Public Health will now be recommending a new resource developed by Best Start titled, "*Infant Formula: What You Need to Know*", to support parents and families who are providing infant formula to feed their babies. This comprehensive booklet contains important information about how to:

- Supplement a breastfed baby
- Clean and sterilize bottles and equipment
- Choose appropriate water to make formula
- Follow a baby's hunger cues to avoid under or over feeding
- Feed a baby appropriately with a bottle
- Transport formula.

Visit [www.beststart.org](http://www.beststart.org) choose [Resources](#) | [Resource Topic](#) | [Nutrition](#) | [Infant Formula: What You Need to Know](#) to view or order (available in 18 languages).

Parents and families that have questions about how to safely prepare and feed formula can speak to a Registered Dietitian for free at [www.eatrightontario.ca](http://www.eatrightontario.ca) by calling toll free 1-877-510-5102 or can speak to a Public Health Nurse by calling Peterborough Public Health's Family HEALTHline at 705-743-1000.

