

For Your Information

News for Health Care Providers

Influenza Update

Peterborough Public Health reported the first influenza outbreak in a long term care facility on December 11, 2017. For details, visit www.peterboroughpublichealth.ca.

Please take this opportunity to:

- prepare for increase of patients with flu-like symptoms
- immunize your staff and offer influenza vaccine to your unimmunized patients
- recommend immunization for your patients who work in health care settings
- clean commonly touched surfaces frequently
- advise patients to stay home from work if ill
- encourage hand hygiene



Influenza Antiviral Medications: Influenza antiviral medications are recommended for treatment of some individuals when influenza is circulating. [See the Public Health Ontario factsheet for more information](#) (November 2017) on the use of antiviral medications for the treatment and prevention of influenza.

What's Happening with Flu in Ontario: View the most recent Ontario Respiratory Pathogen Bulletin at www.publichealthontario.ca. It reports that in Ontario, there were 100 influenza cases (66 influenza A, 34 influenza B) reported in Week 49, which was higher than the 74 influenza cases reported in Week 48 (57 influenza A, 17 influenza B).

Cannabis Update

The Ontario College of Family Physicians has released a new study that answers the clinical question: [Besides pain, are medical cannabinoids effective for other conditions?](#)

Also, last week the provincial government announced that Ontario's legislation will regulate the use of recreational and medical cannabis separately, as each has different purposes and considerations: [Protecting People in Ontario from the Health Impacts of Cannabis](#)

Syndromic Surveillance

This report details trends in emergency department visits for respiratory, fever, and gastrointestinal symptoms, as well as local institutional outbreaks and school absenteeism. Find the Sunday, November 19, 2017 – Saturday, December 2, 2017 report [here](#).

For Health Care Providers

Do your staff reprocess equipment?

The *Reprocessing in the Community* course is intended for health care providers who perform reprocessing tasks (cleaning, disinfection and sterilization of reusable medical equipment/devices) in community settings.

[Go to Course >>](#)

Infection Prevention and Control Core Competencies for Health Care Workers

Infection Prevention and Control (IPAC) core competencies are basic knowledge and skills all health care workers in Ontario need to possess about infection prevention and control, regardless of their role or position, education, experience or culture.

[Go to Course >>](#)

For Your Patients

Quit Smoking Programs

Choose to be ...Smoke Free, is a FREE tobacco cessation support program for **individuals**, 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 until March 31, 2018 on:

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

The **Choose to be ...Smoke Free** support group is also available for **women**.

The next group starts:

Tuesday, January 16, 2017

10:30 a.m. – 12:00 p.m.

Partners in Pregnancy Clinic

Help with transportation and childcare, and a \$10 gift card will be provided for each session, as well as cost-free NRT for women who find it difficult to quit smoking using non-pharmacological methods.

Nutrition Screening For Toddlers and Preschoolers



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

Nutri-eSTEP is a valid and reliable questionnaire that can differentiate between toddlers and preschoolers who are at risk for poor nutrition and those who are not. It takes less than 10 minutes for parents or caregivers to complete. Once completed parents/caregivers will receive immediate feedback on what is going well with their child and will get tips, and information about nutrition and physical activity to help build healthy habits with their child that will last a lifetime!

Encourage parents and caregivers with young children to visit www.nutritionscreen.ca today! For promotional materials to help promote Nutri-eSTEP with your patients and families contact a Public Health Nutritionist at 705-743-1000.

Parents and caregivers can also have their healthy eating questions answered by a Registered Dietitian by calling EatRight Ontario toll-free at 1-877-510-5102 or by emailing a Registered Dietitian by visiting www.eatrightontario.ca

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