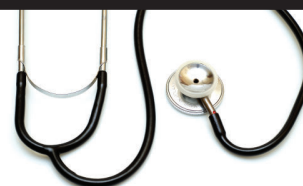


# For Your Information

News for Health Care Providers in  
Peterborough County and City



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## Infectious Disease Update

### **Pertussis Vaccination Recommendations for Adults and Pregnant Women**

With a pertussis outbreak raging in southwest Ontario, and several cases here in Peterborough, we are asking all health care providers to ensure that adult patients are protected against whooping cough as a way to ensure our most vulnerable, newborns and infants, are kept safe.

As of August 2011, the province of Ontario provides a single dose of Adacel to boost adults under 65 years of age who have not previously received it as part of their tetanus immunization. Adacel was introduced as the booster for 14-16 year olds in 2003. Anyone over that age would not have received the vaccine, which protects against tetanus, diphtheria and pertussis. And since pertussis is not mandatory for school attendance, there may be adolescents and young adults that did not get their 14-16 year old booster who would be prime targets for immunization.

Whooping cough in an adult can cause an illness that lasts for months. Without treatment, ill individuals can spread the disease for three weeks. Even when treated with antibiotics, which reduce the ability to transmit the disease, the cough will not improve. Worse though, is that family members and caregivers can pass on the pertussis infection to a newborn or infant. This can be life-threatening for the baby.

Although Ontario is not specifically targeting pregnant women and their families, Peterborough's Partners in Pregnancy Clinic (PIPC) is offering the vaccine to all their patients once they have reached 20 weeks gestation. Prospective mothers will protect themselves from passing the infection on to their newborns AND share antibodies, transplacentally and through breast milk, to protect their child until it is 2 months of age and eligible for its first dose of vaccine. PIPC will refer family members of their patients to their family healthcare provider for Adacel vaccination. *The American Advisory Committee on*



*Immunization Practices*, of the CDC, issued recommendations for immunizing pregnant women with Adacel in 2011. These recommendations can be found on the health unit website at [www.pcchu.ca](http://www.pcchu.ca) in the "For Professionals" section under "Alerts".

Pregnancy is a good time to ensure that all household contacts and potential caregivers are immunized against pertussis. In addition, please ensure that your office is equipped with the correct specimen kits to diagnose illness due to pertussis infection.

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## Nasopharyngeal Specimen Collection for Pertussis

Polymerase Chain Reaction (PCR) testing has optimal sensitivity during the first three weeks of illness when bacterial DNA is still present in the nasopharynx. Sensitivity of the test is highest in the catarrhal stage, before the cough becomes paroxysmal. After the fourth week of cough, the amount of bacterial DNA rapidly diminishes which increases the risk of obtaining falsely-negative results. PCR testing following antibiotic therapy also can result in falsely-negative findings.

Obtain specimen kits from the Public Health Laboratory at 705-743-6811. Remember to check the expiry date before using it. The kit does not have to be refrigerated until after the specimen has been collected. Specimens should be obtained by aspiration or swabbing the posterior nasopharynx. Throat swabs and anterior nasal swabs have unacceptably low rates of DNA recovery and should not be used for pertussis diagnosis.

To download instructions and to see examples of the kit, please visit the Public Health Ontario website:

[http://www.oahpp.ca/services/documents/specimen-collection-guide/kit-instruction-sheets/ki\\_bordetella\\_pertussis.pdf](http://www.oahpp.ca/services/documents/specimen-collection-guide/kit-instruction-sheets/ki_bordetella_pertussis.pdf)

For further information on PCR for diagnosing pertussis, please visit:

<http://www.cdc.gov/pertussis/clinical/diagnostic-testing/diagnosis-pcr-bestpractices.html>

For further information, please contact Health Unit nurses in the Vaccine Preventable Disease Program at 705-743-1000, ext. 139

## Survey Regarding the Perinatal Mood Disorder (PMD) Resource

This past spring, the Health Unit conducted a survey for health care providers with Peterborough Community Family Health teams regarding the usefulness of Perinatal Mood Disorder (PMD) Resource package. A draw for a \$100.00 Lansdowne Place Gift Certificate was offered as an incentive for office staff returning the survey. Karen Cromie of Keene Health Centre was the lucky winner of the gift certificate.



We would like to thank everyone who took the time to respond to the survey. If you have not returned your survey, our local Perinatal Mood Disorder Collaborative still welcomes your feedback.

We look forward to working together in providing information and supporting families affected by perinatal mood disorders.

If you would like more information, survey forms, PMD Resource packages or its contents, kindly contact Jennifer Lesurf, Public Health Nurse at 705-743-1000, ext. 235, or email [jglesurf@pcchu.ca](mailto:jglesurf@pcchu.ca).

## Universal Influenza Immunization Program (UIIP)

*Prequalify by August 24 for the 2012 - 2013 Season*

Health care agencies, workplaces and other organizations that want to participate in Ontario's Universal Influenza Immunization Program (UIIP) are required to complete an annual prequalification process to receive publicly-funded influenza vaccine if they plan to store it on their premises.

Please note that physicians who bill OHIP do NOT need to prequalify.

To access the forms and for more information, please visit the website of the Ministry of Health and Long Term Care at:

<http://www.health.gov.on.ca/en/pro/programs/publichealth/flu/uiip/prequalification.aspx>

## Making the Most of the 18-Month Well-Baby Visit

The 18-Month Well-Baby Visit is a critical time when identification of delays can make all the difference in a child's development, future school success and long term health. It is no longer acceptable to take a "wait and see" approach.

Research continues to show that early interventions and connections to primary care practitioners have a critical role in ensuring that all children meet their developmental potential: physically, emotionally and socially. Parents respect the information they receive from you and will follow your recommendations more than any other health care provider.

The Ontario College of Family Physicians has developed the new best practice, the Enhanced 18-Month Well-Baby Visit. In addition, the province has created a new OHIP billing code for this visit. The fee code for family physicians is A002 and the current billable amount is \$62.20.

Because of the vaccination schedule, the 18-month visit may be the last time you see each child until they start Junior Kindergarten and therefore an important time to complete an enhanced assessment.

In the coming weeks, Leisa Baker, Public Health Nurse will be phoning your office to arrange for a brief visit to explain ways to implement these resources and to provide you with a physician package. The physician package will include a referral flowchart listing local organizations and contact numbers, key assessment screening tools, and resources to give to the parent. If you are interested, children's board books will also be supplied for you to give to the parent to emphasize the importance of reading to their child every day.



For further information, please contact  
Leisa Baker, Public Health Nurse at  
705-743-1000, ext. 312 or [lbaker@pcchu.ca](mailto:lbaker@pcchu.ca)



## Health Unit Launches New Website with Dedicated Section for Health Care Providers

The Health Unit is proud to announce the launch of its recently redesigned website – [www.pcchu.ca](http://www.pcchu.ca). Health care providers will enjoy the dedicated section under "For Professionals" just for them, with quick links to public health topics, vaccine information, forms, and patient resources. The new site features a more robust search function with both a Google-powered keyword search and A-Z index to help visitors find what they're looking for easily and quickly. Navigating the site is now also much easier as health topics are organized according to stage of life, e.g. Adults, Youth, Parents & Caregivers, and Older Adults. Be sure to let your patients and clients know this is their source for credible health information and up-to-the-minute public health alerts. The new website is also fully integrated with social media sites, so for those wanting the latest updates, make sure to follow us on Twitter and like us on Facebook!



## Educational Opportunities

### Upcoming Events

Thursday, September 20, 2012 - 6:30 p.m.

#### **Saving Countless Lives:**

#### **What's New in Infection Control in Hospitals**

Presenter: *Dr. Dick Zoutman*

Location: Evinrude Centre, 911 Monaghan Road

For more details and to register, call 705-743-1000, ext. 139 or visit [www.pcchu.ca](http://www.pcchu.ca)

Thursday, September 27, 2012

#### **Long-term Care Education Day 2012**

89 Chestnut Street, Toronto, Ontario

Topics include: oral hygiene, C. difficile infection, foot care and more.

Brought to you by:

*Toronto Public Health, Toronto and Area Professionals in Infection Control, and Public Health Ontario - Regional Infection Control Networks*

For more details, call 1 866-562-0848 or email: [sharon.ormsby@oahpp.ca](mailto:sharon.ormsby@oahpp.ca)

Details on other Educational Opportunities are available by visiting the "For Health Professionals" page on [www.pcchu.ca](http://www.pcchu.ca) or [//www.ricn.on.ca/](http://www.ricn.on.ca/)

## Resources for HCPs

### **NEW: Opioid Advice Series**

The Ministry of Health and Long-Term Care and health partners have collaborated to provide information on the management/detection of:

- Opioid Intoxication
- Acute Opioid Withdrawal in Non-Pregnant Patients
- Opioid Dependence in Pregnancy and Neonatal Abstinence Syndrome (NAS)
- Switching Opioids Safely to Prevent Overdose

These information sheets can be accessed at:

[http://knowledgex.camh.net/opioid\\_alert/Pages/default.aspx](http://knowledgex.camh.net/opioid_alert/Pages/default.aspx)

### **Cancer Screening Order Form**

[www.pcchu.ca](http://www.pcchu.ca) under "For Health Professionals"

## Resources for Patients

Visit our website [www.pcchu.ca](http://www.pcchu.ca) for information on:

Breastfeeding  
Tobacco Free Living  
Extreme Heat  
Trichloroethylene (TCE)  
*and many other health topics.*

## Health Events for Patients

### **Prenatal Health Fair**

**September 24, 2012 at 6:00 p.m. - 8:30 p.m.**

Holiday Inn, 500 George St., Peterborough

For more information, call 705-743-1000, ext. 254

### **Supermarket Tours**

Patients can tour your local grocery store with a Registered Dietitian guiding them to the healthiest food choices! Open to everyone in the community who would like to eat healthier to prevent disease and enhance health and well-being. Offered free of charge; limited to 15 participants.

**For information and to register, contact the Canadian Diabetes Association, call 705-742-2733 or e-mail [diabetes@trytel.net](mailto:diabetes@trytel.net)**

### **Prenatal Classes**

Classes are ongoing from 7:00 p.m. to 9:00 p.m. (please call for class dates). All classes are held at the Peterborough County-City Health Unit, 10 Hospital Drive, Peterborough. The cost is \$50.00 and subsidies are available. Please let us know if the fee would prevent your patient from attending.

**To register, call the Peterborough County-City Health Unit 705-743-1000, ext. 215 or 282.**

### **Looking for a specific health topic?**

Visit the FYI Newsletter archive at [www.pcchu.ca](http://www.pcchu.ca)