

Infectious Disease Update



Canadian Immunization Guide Evergreen Edition - What's New?

The 2006 Immunization Guide is currently undergoing review and is being updated by the National Advisory Committee on Immunization (NACI), and the Public Health Agency of Canada (PHAC). The Evergreen edition is an electronic version of the Guide and will be posted to the website as the new content is released. Many chapters of the 2006 version of the Guide are no longer current, and it is advised that you review the most recent NACI statement for the most up-to-date information. Currently Part 4 of the Guide, the active vaccines section, is the only chapter that has been fully updated and approved for use. The other sections of the Guide are presently under development. The Guide is divided into 5 sections. They are as follows:

- Part 1:** Key Immunization Information: This section contains information on scheduling, vaccine contents, benefits of vaccination, vaccine administration practices etc.
- Part 2:** Vaccine Safety: This section includes content on anaphylaxis information, vaccine safety, contraindications/precautions
- Part 3:** Vaccination of Specific Populations: This section outlines recommendations for administering vaccines to peoples of specific populations (i.e. immunocompromised persons, pregnant women, travelers, peoples new to Canada etc.)
- Part 4:** Active Vaccines: This section is currently up-to-date and includes all of the vaccines available in Canada, including the recommendations for use, administration, storage requirements, safety and adverse reactions associated with that particular vaccine
- Part 5:** Passive Immunizing Agents: This section includes the principles of passive immunization, outlines specific immune globulins, etc.

The new Guide can be found at <http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php#toc>

Reporting Legionellosis

Public Health Ontario (PHO) has issued enhanced surveillance for legionellosis. An increase in the frequency of legionellosis cases in Ontario was reported since June 2013. There have been 108 confirmed cases of legionellosis reported in Ontario between June 1 and August 16. The majority of the cases that have been reported to PHO are from the Toronto, Peel, Durham, and Hamilton areas. Most of the confirmed cases are male, with a median age of 61 years old.

Legionellosis is comprised of two distinct illnesses:

Legionnaires' disease: characterized by anorexia, malaise, myalgia, headache, productive cough, and a temperature of greater than 39°C, pneumonia, confusion, nausea, and diarrhea

Pontiac Fever: presents as a milder form of the illness, but without pneumonia

Legionellosis is a reportable disease. Call the Health Unit the same business day, or between 6:00 a.m. and 11:00 p.m. on weekends and holidays.

For more information go to:

http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/legionellosis_chapter.pdf

If you have any questions, would like more information, or if you suspect a case of legionellosis and would like to report it please contact the Peterborough County-City Health Unit Infectious Diseases Nurses at 705-743-1000 ext. 139.

In This Issue:

- What to Tell Your Patients About E-Cigarettes
- Caring For Kids New to Canada
- The Diversion and Misuse of Fentanyl: A Growing Crisis

What to Tell Your Patients About E-Cigarettes

On July 9, 2013 the World Health Organization (WHO) released a statement on the safety of electronic cigarettes and their efficacy as cessation aids. According to the WHO:

- The safety of electronic cigarettes has not been scientifically demonstrated.
- The efficacy of electronic cigarettes for helping people to quit smoking has not been scientifically demonstrated.

Electronic cigarettes or ENDS (electronic nicotine delivery systems) are devices whose function is to vaporize and deliver to the lungs of the user a chemical mixture typically composed of nicotine, propylene glycol and other chemicals, although some products claim to contain no nicotine. Unlike other approved, regulated cessation aids, such as nicotine patches and chewing-gum, electronic cigarettes are intended to deliver nicotine directly to the lungs. The biological mechanism by which smoking cessation might be achieved by delivery of nicotine to the lungs and its effects are unknown and may be dangerous. As well, the dose of delivered nicotine is also unknown. It is suspected that the quantities and concentrations delivered vary notably by product.



The potential risks they pose for the health of users remain undetermined. There is no way for consumers to find out what is actually delivered by the product they have purchased. What is known is that these products contain toxic chemicals including large concentrations of propylene glycol, which is a known irritant when inhaled. The chemicals used in electronic cigarettes have not been fully disclosed, and there is no adequate data on their emissions.

Physicians and pharmacists should be aware of this information when counselling patients on quitting smoking and advising on the use of cessation supports. Until they are deemed safe and effective by a national regulatory body, patients should be strongly advised against the use of electronic cigarettes.

For more information and a copy of the full statement, visit:
www.who.int/tobacco/communications/statements/electronic_cigarettes/en/index.html



**Caring for Kids
New to Canada**

A guide for health professionals working with
immigrant and refugee children and youth

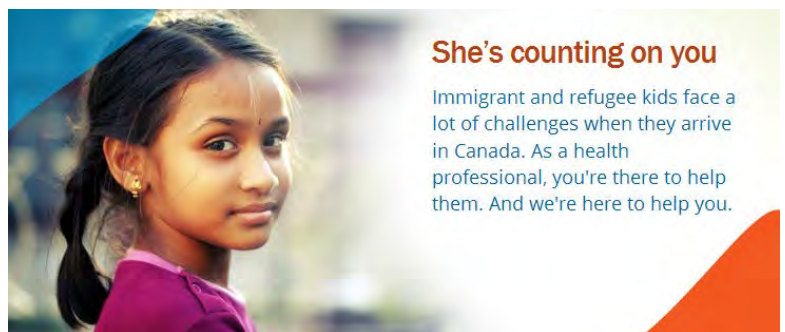


**Canadian
Paediatric
Society**

Caring for Kids New to Canada

CPS has created this new website <http://kidsnewtocanada.ca/>

Caring for Kids New to Canada helps health professionals provide quality care to immigrant and refugee children, youth and families. It was developed by the Canadian Paediatric Society with experts in newcomer health.



She's counting on you

Immigrant and refugee kids face a lot of challenges when they arrive in Canada. As a health professional, you're there to help them. And we're here to help you.

The Diversion and Misuse of Fentanyl: A Growing Crisis

Opioid overdose in Ontario is a serious public health problem. Accidental opioid deaths are a leading cause of unintentional death, often surpassing fatalities from motor vehicle collisions. Although victims include those who experiment and/or who are addicted to opioids, the majority of victims are citizens who are using opioids as prescribed. Most recent data indicate that over 500 Ontarians (median age of 40) died in 2011 of an opioid-related overdose, the majority of which had a prescription for an opioid within 4 weeks of their death. Locally, a quarter of all drug overdoses in 2010 were due to prescription opioids and preliminary data from 2012 show that this has grown to at least half.



Since the discontinuation of OxyContin in 2012, reports indicate that users are changing their drug of choice to other substances such as heroin, hydromorphone, methamphetamine, cocaine and fentanyl. Recent media reports and anecdotal data suggest that fentanyl is being diverted and misused by those its being prescribed too. They also suggest fentanyl is making its way to the street, whether it be through dumpster diving, stealing of used patches, or purchasing patches from those who have legal prescriptions. It is then being cut up and chewed, smoked or extracted from patches and injected for a dangerous quick high.

The Ontario Narcotics Strategy was created to promote the proper use, prescribing and dispensing of prescription narcotics and other controlled medications and to ensure that people who need narcotics continue to have access. Physicians can be key players in supporting this initiative, in reducing the risk of overdose and in preventing fentanyl and other narcotics from getting into the wrong hands. The National Opioid Use Guideline Group (NOUGG) has developed a clinical support tool called Opioid Manager to assist health care providers to safely and effectively prescribe and monitor opioids for chronic non-cancer pain. It is a 2-page tool that summarizes information and advice from the Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain.

The Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain can be found at: <http://nationalpaincentre.mcmaster.ca/opioid/index.html>

The Opioid Manager tool can be found at: <http://nationalpaincentre.mcmaster.ca/opioidmanager/>

A video explaining how to use the Opioid Manager tool can be found at: <https://www.youtube.com/watch?v=BpS4QzDPIa8>

Educational Opportunities

2013-2014 Seasonal Influenza Update

Wednesday, September 18, 7:30 a.m to 8:30 a.m.

An inservice for:

- family physicians/nurse practitioners
- staff working in family physician/nurse practitioner offices

2013-2014 Seasonal Influenza Update

Friday, September 27, 9:00 a.m to 11:00 a.m.

An inservice for staff of:

- pharmacies that are administering influenza vaccine
- nursing agencies that are administering influenza vaccine

2013-2014 Seasonal Influenza Update and Outbreak Control

Monday, September 30, 8:30 a.m to 12:00 p.m.

An inservice for administrators, directors and infection control staff of:

- long term care homes
- retirement residences
- hospitals



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

All events held at
Peterborough County-City Health Unit
10 Hospital Drive, Peterborough

Resources for Patients

Visit our website www.pcchu.ca for information on:

Food in Peterborough

Fluoride Information

Problem Gambling

Physical Activity

and many other health topics.

Looking for a specific health topic?

Visit the FYI Newsletter archive at www.pcchu.ca

Health Events for Patients

Food Handler Training and Certification Course (FREE)

Close to 12,000 people have taken this course from the Peterborough County-City Health Unit since 1997. Are you one of them? If not, register now!

This six hour course is essential for anyone who prepares and serves food to the public. It is offered free of charge.

This course concludes with an exam. Successful participants will receive a Certificate in Safe Food Handling which is valid throughout the province for five years.

To register, call the
Peterborough County-City Health Unit
705-743-1000

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.