

Infectious Disease Update



Re-Immunization with Pneumococcal Polysaccharide Vaccine Recommendations

The pneumococcal polysaccharide vaccine is free of charge for those who meet the high risk eligibility criteria in the Publicly-Funded Immunization Schedules for Ontario (August 2011). Boosters are not recommended except for a few groups. A SINGLE revaccination with pneumococcal polysaccharide vaccine is appropriate for those 2 years of age and older with:

- functional or anatomic asplenia or sickle cell disease;
- hepatic cirrhosis;
- chronic renal failure or nephrotic syndrome;
- HIV infection; and/or
- immunosuppression related to disease or therapy.

The booster dose is administered as follows:

Age when Initial Dose Was Administered	Dose
10 years of age or less	1 dose after 3 years
11 years of age or older	1 dose after 5 years

For more information, call the Health Unit or refer to the Publicly-Funded Immunization Schedules for Ontario (August 2011)

<http://www.health.gov.on.ca/en/pro/programs/immunization/schedule.aspx>

For more information, contact
705-743-1000, ext. 139

A Guide for Health Professionals Working With Immigrant and Refugee Children and Youth

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.

Go to: <http://www.kidsnewtocanada.ca/>

Updated Canadian Tuberculosis Standards

The 7th edition of the Canadian Tuberculosis Standards has just been posted: <http://www.respiratoryguidelines.ca/tb-standards-2013>. This 7th edition of the Canadian Tuberculosis Standards has been extensively revised to incorporate new information, building upon the six previous versions of the Standards. Each chapter is written by authors from across Canada with expertise in the specific areas. The Standards is jointly funded, edited and produced by the Canadian Thoracic Society (CTS) of the Canadian Lung Association (CLA) and the Public Health Agency of Canada (PHAC).

For more information, contact
Infectious Disease Program Nurses at
705-743-1000

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New HIV Screening and Testing Guide - Summary

According to the Public Health Agency of Canada (PHAC), in 2011 approximately 25% of people living with HIV in Canada were unaware of their HIV status.

PHAC's new HIV Screening and Testing Guide contains a series of recommendations to increase the uptake of HIV testing, reduce the proportion of people who are unaware of their HIV infection and diagnose people as early as possible after HIV infection. A short summary of the recommendations is below:

Offer HIV Testing With Routine Medical Care

Care providers can take a more active approach and routinely offer HIV testing to clients—whether or not they have asked for a test. Routinely offering HIV testing to clients will help normalize HIV testing and further reduce stigma/discrimination associated with HIV.

Simplify Risk Assessments

Pre-test risk assessments may be a barrier to HIV testing; using a more brief assessment is sufficient. Provide clients with an explanation of how HIV is transmitted and ensure that they understand the advantages/disadvantages of HIV testing and how to interpret the results. Following that, the client should simply be asked if they want an HIV test. This approach allows the client to assess their own risk without feeling compelled to provide sensitive personal information.

Offer Couples Testing

Research studies suggest that couples who test and learn their status together are more likely to adopt preventive measures than those who test alone.

Integrate HIV Testing Services

PHAC recommends integrating HIV testing into other services, particularly those that test for infections that can be transmitted the same way as HIV and/or negatively impact the health of people living services (i.e. antenatal care services, drug and alcohol treatment services, cancer clinics etc).

Discuss the Window Period

Follow-up testing should be performed at three weeks and three months following the most recent possible exposure. However additional HIV testing during the window period, particularly following a "high-risk" exposure, may help identify infection earlier.

Provide Information and Referrals, Regardless of Results and Link Newly Diagnosed Individuals to Care

All people tested for HIV, regardless of their results should be provided with information and linked to services to help them reduce their risk of acquiring or transmitting HIV. Research shows that people living with HIV who are linked to and engaged in care have better health outcomes than those who are not.

Care providers should inform clients that positive test results will be shared with Public Health, which can help with partner notification while maintaining the client's anonymity and privacy.

More information can be found in the full guide which is available on-line at www.pcchu.ca Health Professionals > Sexual Health > Links (Sexual Health for Adults)

Health Unit Launches 5 Year Strategic Plan



It's here!

Following an extensive community consultation process, the Health Unit is pleased to announce the launch of its 2013-2017 Strategic Plan. This plan was approved by the Board of Health at its June 12, 2013 meeting.

To download your copy of the Strategic Plan, please visit www.pcchu.ca and click on the Strategic Plan icon on the home page.

This new plan is a significant achievement that will guide public health work for the City, County and Curve Lake and Hiawatha First Nations for the next five years in a way that reflects our community and its health needs. It's the culmination of many months of hard work and it rests squarely on a foundation of reaching out to, and connecting with, the many stakeholders who work with us, who use our services, who rely on us, each and every day.

We especially appreciate the contributions made by local health care workers who participated in a focus group dedicated to this sector. Thank you for your support towards this plan, and we hope you find it a valuable tool to show how a focused approach creates better public health for all.

Strategic Plan Road Show!

Health Unit staff would be delighted to come in person to present this plan and discuss how we will be implementing it in partnership with the community. To book a presentation time, please contact Alida Tanna at 705-743-1000, ext. 264 or email atanna@pcchu.ca.



Air Quality Health Index - visit www.airhealth.ca

The average person takes about 20,000 breaths a day. That's an amazing 10,000 litres of air that pass through your lungs - every day!

No matter where you live or the state of your health, the quality of the air you breathe affects you. Even when you can't see it or smell it, air pollution is a threat. In a study of eight major Canadian cities, Health Canada found that approximately 5,900 deaths per year could be attributed to air pollution.

Each individual reacts differently to air pollution. Groups that are especially sensitive or at-risk to the adverse health effects of air pollution include children, the elderly, and those with pre-existing cardiac or respiratory diseases such as coronary artery disease (angina or heart attack), heart rhythm problems, heart failure, chronic obstructive pulmonary disease and asthma, to name a few. Diabetics also appear to be at greater risk, probably because of the relationship of diabetes with heart disease.

Negative health effects increase as air pollution worsens. Studies have shown that even modest increases in air pollution can cause small but measurable increases in emergency room visits, hospital admissions and death.

The Air Quality Health Index (AQHI) is a public information tool that helps Canadians protect their health on a daily basis from the negative effects of air pollution. This tool has been developed by Health Canada and Environment Canada, in collaboration with the provinces and key health and environment stakeholders.

The AQHI is calculated based on the relative risks of a combination of common air pollutants which are known to harm human health. These pollutants include:

- **Ozone** at ground level;
- **Fine Particulate Matter** also known as PM_{2.5} and PM₁₀;
- **Nitrogen Dioxide** (NO₂).

This new health-based Index is easy for Canadians to understand:

- It illustrates the level of risk with a number and colour scale of 1 to 10 or *higher.
- It labels the health risk as "low", "moderate", "high" or "very high".
- It forecasts local air quality for the next 24 hours.
- It suggests actions we can take to minimize our health risks.
- It talks about how we can reduce air pollution.



The Health Unit would like to encourage health care providers to visit www.airhealth.ca for more information on the AQHI, and promote this tool within their practice. See Educational Opportunities on page 4 for training related to AQHI.

Enhanced 18-Month Well-Baby Visits

Public Health Nurse Leisa Baker has appreciated and enjoyed the opportunity to meet with most Family Physicians and Nurse Practitioners in the Peterborough area about the Enhanced 18-Month Well-Baby Visits. At these individual office meetings, she provided an information and resources folder for professionals, as well as 10 parent folders and 10 child board books. An order form is included to obtain more parent folders and books.

If you are interested in meeting with Leisa for 15 to 20 minutes to discuss how to integrate the Enhanced 18-Month Well-Baby Visit into your practice, please contact her at lbaker@pcchu.ca or 705-743-1000 ext 312.

The provincial website for the Enhanced 18-Month Well-Baby Visit is: www.18monthvisit.ca This web portal is hosted by the Ontario College of Family Physicians, McMaster University, the Offord Centre for Child Studies, the Ontario Ministries of Children and Youth Services, and Health and Long-Term Care, and leaders in the field of child development. The portal was developed to provide primary care providers a central access point to accredited online learning programs as well as recommended tools like the Rourke Baby Record and the Nipissing District Developmental Screen®, and other key resources.



Lyme disease is reportable in Ontario

Please contact the Health Unit infectious disease staff to provide information if you suspect your client has Lyme disease. Visit www.pcchu.ca in "For Health Professionals" under Reportable Diseases search "Lyme".

If a patient removes a tick or a tick is brought into your office, please submit it to the Health Unit for identification and testing for Lyme disease. Patients can bring ticks to the Health Unit (10 Hospital Drive) between 8:30 a.m. and 4:30 p.m., Monday to Friday. Tick submissions are critical for surveillance and to monitor the spread of the disease to new geographical areas.

For more information on Lyme disease and other vector-borne diseases please go to our website.

For further information, please contact:

Dylan Mahoney
Vector-borne Disease Prevention Program
705-743-1000, ext. 340

Educational Opportunities

Air Quality Health Index: Mainpro-M1 Accredited Training

This on demand, web-based course features multimedia content and a comprehensive overview of air pollutants, the health effects associated with air pollution for susceptible populations, guidelines for health professionals on how to advise patients on actions to reduce the adverse impacts of outdoor air pollution on their health; and the use of the AQHI as a risk communication tool.

This course is available at no cost, made possible through funding by Health Canada.

To register, visit: <http://www.spph.ubc.ca/CE-oaqhealth.htm>

Resources for Patients

Dispel Immunization Misperceptions with Facts

Refer clients to Google these reliable immunization websites:

- [Public Health Ontario](#)
- [Ontario Ministry of Health and Long Term Care](#)
- [Canadian Pediatric Society, Caring for Kids](#)
- [Immunize Canada](#)
- [Frequently Asked Questions about Vaccines](#)
- [Public Health Agency of Canada](#)
- [Centre for Disease Control \(American\)](#)

Resources for Patients - continued

- [Immunization Action Coalition \(American\)](#)
- [National Foundation on Infectious Diseases \(American\)](#)
- [World Health Organization](#)

Resources for HCP's

Engaging New Video Gives the Best Advice for People Considering or Taking Opioid Medications

A new video is available for you and your patients that tackles the question "what is the best advice for people on, or about to start, opioid medications"? It is narrated by Dr. Mike Evans who is known for his unique health videos with almost six million YouTube views.

This video is freely available, in English and French, for anyone to view: [English](#)
[French](#)

Visit www.pcchu.ca in "For Health Professionals" under "Alcohol & Other Drugs".

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**

Looking for a specific health topic?
Visit the FYI Newsletter archive at www.pcchu.ca