

### Infectious Disease Update



#### Peterborough Elementary Schools Selected for Provincial FluMist® Vaccine Study

During the 2013/14 school year, ten elementary schools in Peterborough will participate in a study called Randomized Evaluation of Live Attenuated vs. Trivalent Inactivated influenza Vaccines in Schools (RELATIVES). The purpose of the pilot study is to evaluate the use of two different influenza vaccines given through schools. In November, 2013 the Peterborough County-City Health Unit (PCCHU) will offer student vaccination clinics in five of these schools with the regular influenza vaccine, given intramuscularly. PCCHU will hold similar clinics in the other five schools with a nasal spray influenza vaccine FluMist®.



FluMist® was approved for use in Canada in 2010, but it has been used widely by children in the U.S. for ten years. Canada's National Advisory Committee on Immunization recommends it for healthy children aged 2-17 years. It is not currently funded in Ontario, which is why researchers would like to find out if offering FluMist® in schools will lead to more children being immunized against influenza. The pilot study will also inform a future full-scale randomized trial to investigate if FluMist® decreases the risk of influenza in vaccinated children and their families more so than traditional influenza vaccines. Peterborough is the only community in Ontario where this trial is taking place.

This research is being conducted by the Public Health Agency of Canada/Canadian Institutes for Health Research Influenza Research Network (PCIRN), Public Health Ontario (PHO), and the PCCHU, with support from the MOHLTC. The lead researcher for this study is Dr. Jeff Kwong, a Scientist at PHO and at the Institute for Clinical Evaluative Sciences, a Family Physician at Toronto Western Hospital, and an Associate Professor at the University of Toronto.

If you have any questions about the study, or would like additional information, please contact Jennifer Pereira, Senior Research Coordinator for PCIRN at 647-260-7315 or [jennifer.pereira@oahpp.ca](mailto:jennifer.pereira@oahpp.ca)

#### Infection Prevention and Control for Clinical Office Practice

The Provincial Infectious Diseases Advisory Committee on Infection Prevention and Control (PIDAC-IPC) has developed *Infection Prevention and Control for Clinical Office Practice*.

Developed in collaboration with the College of Physicians and Surgeons of Ontario (CPSO), this document provides those working in clinical office-based practices with information and tools to support the implementation of best practices in infection prevention and control.

The CPSO has adopted *Infection Prevention and Control for Clinical Office Practice* in its Out-of-Hospital Premises Inspection Program. For more information, please visit [www.pcchu.ca](http://www.pcchu.ca) and under "For Professionals" click on "Infection Control"

This download this document and related implementation tools and resources are also available on the above webpage.

Contact Infectious Disease program  
705-743-1000, ext. 139

#### In This Issue:

- Ontario's Routine Immunization Schedule - Made Easy and Interactive!
- Travel Health Issues with an Ongoing Relevance to Canadians
- Looking for Physiotherapy Services Information?



## Ontario's Routine Immunization Schedule – Made Easy and Interactive!

While immunization advancements help prevent disease and save lives, parents often struggle to keep up with what vaccines their children need and when they need them.

To help inform parents' decisions around vaccination, the Ministry Ontario of Health and Long Term Care (MOHLTC) has created a digital [Immunization Schedule Tool](#) – a handy reference that's easy to use and interactive. The tool gives a full spectrum view, beginning with Mom's pregnancy through birth, infancy, early childhood, teenage and adulthood – every vaccine at each life stage is explained.

It's a good way to help Ontario families keep up-to-date with their recommended vaccinations.

Please share the link below to help your patients stay on track or search Google or Facebook for "Ontario's Routine Immunization Schedule Tool".



## Travel Health Issues with an Ongoing Relevance to Canadians

With the increase in travel, diseases occurring in other parts of the world can easily occur here. Recent cases of measles, mumps and rubella in Ontario were travel related. Current travel health notices listed on the Public Health Agency of Canada website include:

Location:	Travel Health Notice
Global	Polio
Cuba, Dominican Republic, Haiti	Cholera
China	H7N9 avian flu
France, Italy, United Kingdom, Tunisia and the Middle East	Middle East Respiratory Syndrome Coronavirus (MERS-CoV)
Saudi Arabia	The Hajj 1434/2013
Global	Measles
Gobal	Avian influenza (H5N1)
Global	Dengue fever
Japan, Poland	Rubella (German Measles)

Ask patients about recent or planned travel!

For details, check: [Public Health Agency of Canada](#)

If you have questions, please call  
Infectious Disease program staff at 705-743-1000, ext. 139



## Looking for Physiotherapy Services Information?



Beginning August 1, 2013, Community Care Access Centres became the single points of access for all publically funded in-home physiotherapy service (excluding physiotherapy services in long-term care homes).

Your direct link for community physiotherapy services is now available online at [www.ce.ccac-ont.ca](http://www.ce.ccac-ont.ca) where you'll find a link on the lower right of the page for "Physiotherapy Services Changes". This webpage provides the latest information, including:

- [Designated Physiotherapy Clinics in Central East](#)
- [Exercise Classes and Falls Contact List](#)
- [Exercise and Falls Prevention Classes for Seniors](#)
- [Physiotherapy Changes FAQs](#)

Also, at the bottom of this page, there is the new Physiotherapy Hot Line for questions regarding the Physiotherapy Reform. While this phone number is active, there is a local CCAC Community Education and Outreach Representative that would be happy to take your calls or questions, until further notice. Please call Sheri McKeen at 705-743-2552, ext. 5760. If she is unable to answer your inquiries please use the CECCAC Hot Line if needed.

## Finding Community Organizations Online Just Got Easier

A new website launched by the CE-CCAC called [www.centraleasthealthline.ca](http://www.centraleasthealthline.ca) features over one thousand listings of community organizations across the Central East Region. These listings are called Service Profiles and they include contact information, addresses, hours of operation, description of the organization and much more. The website is easy to use and you can search for information in three easy ways: using the search function; search by postal code; or search services listed alphabetically.

**CentralEasthealthline.ca**

A data base is only as good as the data in it so please check out [www.centraleasthealthline.ca](http://www.centraleasthealthline.ca) to see if your health or social service organization/program/service is listed and listed in all of the communities you serve. If your agency isn't listed please use the 'SUBMIT CONTENT' link on the website (located on the upper right tool bar) or contact Sheri McKeen at 705-743-2552, ext. 5760 to get further information.

Nicole Fraser, Public Health Nurse  
Injury Prevention/Falls Prevention for Older Adults  
705-743-1000, ext. 354

## Educational Opportunities

**Tuesday, November 12, 2013**

5:30 p.m. to 8:30 p.m.

Mississauga Convention Centre, Salon A, 75 Derry Rd. W., Mississauga

PEEL PUBLIC HEALTH INVITES HEALTH PROFESSIONALS TO

### Smoking Cessation in Primary Care:

Addictions, Medications, and Special Populations

Presented by:

Dr. Peter Selby MBBS, CCFP, FCFP, Dip ABAM  
Centre for Addiction and Mental Health (CAMH)

Dr. Megan Ward MD, MHSc, CCFP, FRCP(C)

Associate Medical Officer of Health, Region of Peel – Public Health

**Please RSVP by Thursday, November 7, 2013**

Register at [peelhealthsmokingcessation.eventbrite.com](http://peelhealthsmokingcessation.eventbrite.com)

*This program is open to health professionals only.*

This program has been accredited by the College of Family Physicians of Canada and the Ontario Chapter for up to two Mainpro-M1 credits.

**Wednesday, November 6, 2013**

11:30 a.m. to 4:30 p.m.

The Venue, 286 George Street, North, Peterborough

### Psychological Health and Safety in the Workplace:

A Two-Part Session: What the Law Says & Developing  
Supportive Return to Work Plans

Registration: \$75 per person, includes lunch and workshop materials.

Registration Deadline: Friday, October 25, 2013

For more information and to register, visit:

[www.healthatworkpeterborough.ca](http://www.healthatworkpeterborough.ca)

## Resources for HCPs

**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](http://www.pcchu.ca) in "For Health Professionals" under "Alcohol & Other Drugs".

## Resources for Patients

Visit our website [www.pcchu.ca](http://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](http://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 Health Fair

**September 30, 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**