

### Infectious Disease Update



#### **“When Antibiotics Stop Working” Ontario Medical Association (OMA) Position Paper**

The following is a summary of the key findings and recommendations in an OMA position paper that attempts to tackle the complex issue of antibiotic resistance.

#### **Key Findings:**

- Patients with infections that are resistant to antibiotics are sicker, take longer to recover, and are more likely to die, than are those patients who are infected with non-resistant bacteria.
- Bacteria are extremely adaptable and gain resistance through multiple methods.
- All use of antibiotics would gradually lead to resistance, but we are speeding up the process through widespread imprudent use, specifically in sub-optimal prescription practices for humans and the mass dosing of farm animals.
- There is a lack of surveillance of trends in antibiotic resistance, of patterns of use of antibiotics, and of the import and export of antibiotics in Ontario that makes the collection of reliable provincial data difficult.
- Everyone who has access to antibiotics must shift perspectives and begin to treat antibiotics as drugs that have negative affects for human health along with their powerful ability to prevent and cure human and animal illness.
- To slow the trend of resistance to antibiotics and maintain their efficacy for a longer period of time, physicians, veterinarians, nurses, farmers, patients, parents/guardians, and industry must all begin to use antibiotics as responsibly and prudently as possible in all the settings in which they are used.

#### **Summary of OMA Recommendations:**

- A system of surveillance should be developed to keep track of the identities and quantities of antibiotics being purchased, sold, and moved into or out of Ontario.
- Surveillance should be strengthened in areas where it does exist (such as medicine) to collect data and gain a firmer understanding about antibiotic resistance.
- Electronic medical records should be engaged to allow physicians encountering patients for the first time or in tertiary care settings to compare patients’ past prescriptions and diagnoses.

- An independent institute should be established in affiliation with one of Ontario’s medical schools to use currently available data to develop and maintain optimal antibiotic use guidelines.
- Bans on the extra-label use of antibiotics as well as the prophylactic or growth-promoting application of indicated antibiotics in animal husbandry should be enacted.
- The government should require veterinary oversight for the application of all antibiotics to all animals.
- Amendments to Ontario’s Livestock Medicines Act should be made to restrict the application of the ‘own use’ clause of Canada’s Food and Drugs Act and its Regulations, to ensure that large volumes of antibiotics cannot freely move into the province and be applied to animals en masse without surveillance or regulation.
- The federal government should amend the Food and Drugs Act and its regulations to ban the import of antibiotics for ‘own use’, and increase surveillance over imported pharmaceuticals.
- The federal government should provide funding for research, strengthened surveillance, and educational campaigns focused on antibiotic resistance trends across Canada.
- Comprehensive national antibiotic surveillance must be ensured;
- Everyone who has access to antibiotics, including patients, must act responsibly and prudently with them.

#### **In This Issue:**

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- Need Ceftriaxone to Treat Gonorrhea?
- NEW: Public Health Agency of Canada - HIV Screening and Testing Guide

## Fixing “Ontario’s Drinking Problem”

Earlier this month, the Ontario Medical Association accurately proclaimed that “Ontario has a Drinking Problem”. Increasing evidence shows that drinking even small amounts of alcohol increases the chance of developing chronic health problems including heart disease, stroke, and cancer. Impact can occur at less than two drinks per day and increases with the amount of alcohol consumed. Peterborough residents are even more at risk, since they binge drink and drink in excess of the low risk drinking guidelines even more than the provincial average.

Physicians can be key players in reducing the harms from alcohol. An extensive body of literature shows that brief screening and interventions by a health care provider can greatly influence alcohol use/patterns and is more effective than broad-based public education campaigns.

A [website](#) has been created to guide family physicians and other primary care providers through the management of alcohol related issues (sponsored through the Canadian Centre on Substance Abuse and the College of Family Physicians Canada). This new open source website provides a clear, algorithmic approach that utilizes current knowledge and motivational interviewing techniques. It archives valuable resources and tools, and provides links to complementary national and international sites. This website can be easily found on [www.pcchu.ca](http://www.pcchu.ca) in the “For Professionals” section under “Alcohol & Other Drugs”.

Research has shown that broad public education is only effective at reducing the harms of alcohol use if it is part of a comprehensive approach. Many health advocates are calling on the province to maintain their alcohol-sale monopoly, restrict the number of alcohol outlets, curtail alcohol marketing, and to maintain or increase alcohol prices as the most effective ways to minimize the harms from alcohol use.

## New Video and Materials to Educate Patients About the Low Risk Drinking Guidelines

Canada has new national low-risk alcohol drinking guidelines, to help people who drink to reduce their immediate and long-term alcohol-related harm. Alcohol use involves short term risks from injury and longer term health concerns including cancer, stroke, and heart disease.

These long term health risks can be reduced by drinking no more than 10 drinks a week for women, with no more than 2 drinks a day most days and a maximum of 15 drinks a week for men, with no more than 3 drinks a day most days. It’s recommended to have non-drinking days every week to avoid developing a habit.

Risks of injury and harm can be reduced by drinking no more than 3 drinks (for women) and 4 drinks (for men) on any single occasion.

Drivers and women who are pregnant, breastfeeding, or might be pregnant should not have any alcohol. The complete Guidelines are available [online](#) and there’s a fun [video](#) that explains them. These are also available on [www.pcchu.ca](http://www.pcchu.ca) in the “For Professionals” section under “Alcohol & Other Drugs”.

For free brochures, please contact  
[sgalloway@pcchu.ca](mailto:sgalloway@pcchu.ca) or 703-743-1000, ext. 223.

**Register Today!**  
Spaces still available.

## TB and Long Term Care Homes

- **Investigating an Outbreak of TB in LTCH**  
Karen Mulvey, RN, BScN, CIC  
Wellington Dufferin Guelph Health Unit
- **Recommendations for LTCH for TB Prevention**  
Jan Self, RN  
Peterborough County-City Health Unit
- **Tuberculin Skin Test Interpretation Review**  
Jan Self, RN  
Peterborough County-City Health Unit

**Wednesday, April 24, 2013**

9:00 a.m. - 11:30 a.m.

Light Refreshments Served

**McDonnel Street Activity Centre**

577 McDonnel St., Peterborough

To register call

**705-743-1000, ext. 139**

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

### **NEW: Public Health Agency of Canada - HIV Screening and Testing Guide**

The Public Health Agency of Canada is pleased to share with you the electronic release of the *HIV Screening and Testing Guide* in English and French. The guide is designed to complement existing efforts to support care providers involved in HIV testing, including primary care providers, public health nurses, counsellors, social workers, community health workers, midwives, community-based service providers and others in an effort to reduce the number of undiagnosed HIV infections in Canada. The guide reflects a carefully considered range of input obtained from a large number of stakeholders involved in HIV testing across Canada. This guide does not supersede any provincial/territorial legislative, regulatory, policy and practice requirements or professional guidelines that govern and inform the practice of care providers in their respective jurisdictions. We encourage providers to review the attached listing of current HIV testing guidelines to be familiar with guidelines in your jurisdiction.

The guide is available online at:  
[www.pcchu.ca](http://www.pcchu.ca)  
in "For Professionals"  
under "Reportable Diseases"

### **Need Ceftriaxone to Treat Gonorrhoea?**

On April 22, 2013 the Ministry of Health & Long Term Care will release "Guidelines for testing and treatment of Gonorrhoea in Ontario, 2013".

Primary health care providers can choose to stock Ceftriaxone and other provincially funded medications to treat sexually transmitted infections (i.e. Azithromycin, Doxycycline, Cefixime), in their office to have it readily available to treat patients at no cost. If you would like a supply of these medications for your office please call the Sexual Health Clinic at 705-748-2021.

However, if you require medication on a case-by-case basis please call the Sexual Health Clinic and the medication can be packaged for pick up.

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## Educational Opportunities

### The Norlien Foundation Grants in Addictions Education

The College of Family Physicians of Canada (CFPC) and its Research and Education Foundation (REF) are pleased to introduce new grants for family physicians and family medicine residents:

The grants are intended to build capacity and knowledge in addictions medicine. These grants will support family physicians and family medicine residents to attend sessions on addictions at the CFPC's Family Medicine Forum, this year in Vancouver, November 7 - 9, 2013.

Click [here](#) to learn more about this award and to submit an application, or visit [www.pcchu.ca](http://www.pcchu.ca) in "For Professionals" under "Alcohol & Other Drugs".

The deadline to apply is **May 15, 2013**.

## Resources for Patients

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

[Food in Peterborough](#)

[Mobile Dental Services](#)

[Sexual Health](#)

[Infant & Child Development](#)

*and many other health topics.*

**Looking for a specific health topic?**

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

## 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 6 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 Professionals" under "Alcohol & Other Drugs".

## Health Events for Patients

### 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.**

### 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**

Our Mobile Dental Health Centre may be an option for your family.

# Mobile Dental Health Centre

## Bringing Dental Services Closer to You!



## April - June 2013 Schedule

Offering Treatment & Preventive Services  
at no cost to eligible families.

April	11	Bridgenorth
	12	Lakefield
	18	Lakefield
	19	Hiawatha
	25	Hiawatha
	26	Norwood

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May	2	Norwood
	3	Keene
	9	Keene
	10	TBD
	16	TBD
	24	Warsaw
	30	Warsaw
	31	Lakefield

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June	6	Lakefield
	7	Millbrook
	13	Millbrook
	14	Apsley
	20	Apsley
	21	Havelock
	27	Havelock

All dates may be subject  
to change.

Call 705-743-1003, ext. 265  
to find out if you or your  
family are eligible, or to  
schedule an appointment.

If you are covered by  
Healthy Smiles Ontario  
(HSO), Ontario Works  
(OW), Children in Need of  
Treatment (CINOT), Ontario  
Disability Support Program  
(ODSP) or Non Insured  
Health Benefits (NIHB) -  
***we can help!***

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For more information, visit [www.pcchu.ca](http://www.pcchu.ca)

Healthy smiles Ontario