



Public Health Update – November 2018

Please circulate this notice to your staff

Register for the Alcohol Misuse Workshops

The health unit in conjunction with the Primary Care Alliance is hosting the last of a three-evening CME session on the management of substance use. **Registration is required.** Please use the link in the flyer below to register today for the Nov 29th session on alcohol.

For the workshop flyer and additional information - [please click here](#)

Share with your patients – CBR Workshop for Post Partum Depression Nov 15

- Southwestern Public Health is hosting a one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression.
- Share the flyer with interested patients - [please click here](#)

McMaster Resource to Promote Optimal Aging

- The McMaster Optimal Aging Portal provides you with direct access to trusted, evidence-based information about optimal aging to help your patients be as healthy as possible.
- Go to the [McMaster Optimal Aging Portal](#) and look under the [Professional Tab](#).

Should you give Influenza Vaccine in Pregnancy

- The inactivated influenza vaccine (either trivalent or quadrivalent) is **recommended** for pregnant women by many expert advisory groups.
- The live attenuated influenza vaccine is **contraindicated** in pregnancy.
- **Safety:** A large body of evidence supports the safety of influenza vaccination in pregnancy.
- **Risks:** Hospitalizations and serious complications from influenza occur more frequently among pregnant women compared to non-pregnant women.

- **Effectiveness:**
 - The influenza vaccine is equally effective among pregnant and non-pregnant women, generally reducing the risk of acquiring influenza by about half.
 - The influenza vaccine in pregnancy helps to protect pregnant women from hospitalizations as a result of influenza infection.
 - There is evidence that during influenza season, infants born to vaccinated mothers are less likely to be born prematurely or be small for gestational age or low birth weight.
 - Maternal vaccination during pregnancy helps protect the baby from influenza in the first few months of life because the vaccinated pregnant woman passes antibodies to the baby during pregnancy.

Pertussis Vaccination In Pregnancy

[Pertussis immunization in pregnancy, technical report](#) Oct, 2018 concludes that

- Pertussis immunization in pregnancy appears to be safe and effective and is now recommended by NACI as well as immunization advisory committees in other high-income countries.
- NACI recommendations for pertussis immunization in pregnancy are supported by published evidence and are applicable in the Ontario context.
- Whilst the cost-effectiveness of immunizing in pregnancy is less clear, the high effectiveness of this approach aligns with the primary goal of the pertussis immunization program to prevent severe disease and death in infants.

Winter Respiratory Virus Testing

Public Health Ontario released its [Winter Respiratory Virus Testing Algorithm](#).

- Multiplex respiratory virus PCR (MRVP1) detects influenza A, influenza A H3 subtype, influenza B, and respiratory syncytial virus (RSV). Specimens' testing positive for influenza A and negative for H3 subtype will be subsequently tested for influenza A (H1N1) pdm09 subtype.
- Testing will be available for the in-patients (ICU/CCU2 or ward) and for institutions for both outbreak and non-outbreak scenarios
- Tests will not be accepted for emergency department and ambulatory care patients or whenever the patient setting is not specified on the requisition.
- When influenza is circulating, laboratory confirmation of influenza is not needed before initiating treatment, as waiting until influenza is confirmed will delay initiation of therapy. Current clinical guidelines recommend that during influenza season, influenza antiviral therapy (e.g., oseltamivir or zanamivir) be started empirically for patients with:
 - moderate, progressive, severe or complicated influenza, such as individuals who are hospitalized with influenza-like illness)
 - high risk of influenza complications/severe disease.

What all physicians need to know about Cannabis

In this inaugural episode of **Quick Takes: A podcast by physicians, for physicians**, Dr. Jonathan Bertram discusses the clinical consequences of legalized cannabis. To quickly learn what you need to know to screen, assess and treat your patients who present with cannabis intoxication – as well as get valuable insight into history gathering, and dealing with new or existing patients thinking about cannabis as a treatment – use your next 11 minutes to listen and learn.

[LISTEN NOW](#)

Limited Supply of High Dose Trivalent Vaccine

Please be aware that the St. Thomas site of the SWPH will not receive any further High Dose Trivalent Influenza vaccine. Moving forward please use a quadrivalent vaccine for your patients 65 and older.