



# PUBLIC HEALTH MATTERS

## A Newsletter for Healthcare Professionals

### *Message from the Medical Officer of Health/Chief Executive Officer*

Hello!

I am delighted to be here in Timiskaming as the new Medical Officer of Health (Acting) and Chief Executive Officer of the Timiskaming Health Unit. I come from a background of Family Medicine and have spent most of my 25 year career in Ontario, mainly in the Durham Region, in the towns of Bowmanville, Newcastle and Orono. In more recent years I had been practicing in various communities throughout Manitoulin Island, where I was fortunate to really connect with a rural Northern Ontario population. Now, I am excited to move forward with my new focus, public health.

Today I am pleased to be re-establishing this newsletter to improve communications with our primary care partners in the district, as we all have the common goal of improving the health of Timiskaming residents. Inside you will find some updates and refreshers on our current programs, and information that may be of use to you in your current practice. One observation we have noticed is some recent inconsistencies with the use of rabies immune globulin and vaccine that is supplied to all district emergency rooms. In this newsletter we have enclosed an up to date decision tree on this topic, we hope you find it to be beneficial. If you would like information on other topics related to public health please feel free to contact me at [spruym@timiskaminghu.com](mailto:spruym@timiskaminghu.com) and we will find the information you need.

We plan to produce this newsletter twice a year, approximately spring and fall. We would be happy to be environmentally friendly and send it to you electronically if you provide me with your email address.

*Dr. Marlene Spruyt*



SAVE THE DATE  
**October 11, 2012**  
**Dr. Jack Newman**  
Guide to Breastfeeding

**Dr. Jack Newman**, a world renowned expert on **Breastfeeding**, is coming to Temiskaming. A session will be held for:

**Physicians &  
Nurse Practitioners**  
Temiskaming Hospital  
Boardroom  
8:00 a.m. – 9:30 a.m.

*Breakfast will be served.*

**Nurses**  
Location to be announced.  
10:00 a.m. – 3:00 p.m.

*Lunch will be served.*

*More information to follow closer to the date.*

## RABIES UPDATE

The Communicable Disease Regulations state that “a physician who has information concerning any animal bite or other animal contact that may result in rabies in persons shall, as soon as possible, notify the Medical Officer of Health to provide the information”. Please be aware that such immediate notification entails a phone call to our after hours on-call number to ensure we initiate the investigation and conduct the appropriate risk assessment for suspect rabies exposure in a timely manner. Faxing a biting report to us after 4:30 p.m. or on the weekend does not help us achieve this goal. If you post this algorithm at your Emergency Department it can help to remind the designated physician about this Health Unit notification protocol. Thank You!



## SHOULD I GIVE TD OR TDAP?

Ontario has now extended funding for Tdap (Adacel or Boostrix) to all adults 19-64 for a one lifetime dose in keeping with guidelines from NACI. We have given Tdap to adolescents since 2003 so adults born after 1987 do not need an additional lifetime dose. The cost of Tdap is considerably greater (\$32.33 vs \$18.91) so we are asking for your help in avoiding unnecessary use. It is felt that immunization of adults will reduce the overall population burden of pertussis in the community. If you are unsure if your patient has had their lifetime dose please check with the health unit and provide them with a record of immunization to assist in sharing this information with others.

## TRAVEL NEWS

The Timiskaming Health Unit (THU) has expanded its travel services. We will now offer Hepatitis A, B, combined A+B and Typhoid vaccines at each of our locations. Individuals will no longer have to see their primary care provider for prescriptions. As these are not publically funded vaccines we will be charging directly for these vaccines. A price list is available on request.

Please encourage individuals to access our services as soon as possible when travelling abroad. As you are aware, many vaccines take several weeks to acquire protective immunity.

The THU uses the computer program Travax Encompass to build an individualized

itinerary. A synopsis of the most important health and safety precautions for the destination is provided to the client. Should you wish, a summary for the medical practitioner focusing on immunizations, malaria, traveler's diarrhea and other key health concerns can be provided to the client for your review. We will continue to advise your patient to seek a prescription from you in order to obtain the other less commonly recommended vaccines and medications.

We hope you find this program an asset to the services you provide your patients and look forward to our continued partnership.



# HEALTHY BABIES HEALTHY CHILDREN

## 18-MONTH ENHANCED PROGRAM

The Enhanced 18-month Well Baby Visit introduces a process using standardized tools in order to facilitate health professionals to have a broader discussion with parents on child development, parenting, connection to local community programs and services that promote healthy child development and literacy. The visit also provides an opportunity to identify those children who will require referral to specialized services. The standardized tools include a parent checklist (such as the Nipissing District Developmental Screen) and an evidence-based guide for healthcare professionals (such as the Rourke Baby Record). The fee code for Family Physicians for the enhanced 18-month visit is A002 and the current billable amount is \$62.20. It is important to know that the fee code is outside the basket of services for Family Health Organizations.

### LACTATION CONSULTANTS

We are proud to announce that we have two Lactation Consultants on staff. If you have any clients who would benefit from breastfeeding advice, contact the Timiskaming Health Unit.

## INFANT FEEDING MATTERS

There are some new guidelines on infant feeding which can be accessed at [www.osnpph.on.ca/resources/YORK-Pediatric\\_Nutrition\\_Guidelines\\_for\\_Primary\\_Health\\_Care\\_Providers-2011.pdf](http://www.osnpph.on.ca/resources/YORK-Pediatric_Nutrition_Guidelines_for_Primary_Health_Care_Providers-2011.pdf) and another review of feeding and allergy development [www.osnpph.on.ca/pdfs/AllergyDiscussionPaper-OSNPPH\\_FHNAG-Nov2010.pdf](http://www.osnpph.on.ca/pdfs/AllergyDiscussionPaper-OSNPPH_FHNAG-Nov2010.pdf)

Bottom line for those who are short on time -“There is no consensus or convincing evidence that restricting maternal diet either during pregnancy or while breastfeeding by avoiding highly allergenic foods plays a role in preventing food allergies in offspring, regardless of family history of allergy.

For infants with a family history of allergy, feeding extensively hydrolyzed infant formula, as compared to cow’s milk-based formula, in the first six months of life, may reduce the risk of allergy.

For all healthy, full-term infants, there is no clear evidence that delaying the introduction of ‘high-risk’ foods will prevent food allergy. Parents and caregivers can introduce wheat, fish, shellfish, eggs (including egg white), soy, milk products, peanut products and tree nut products after six months of age. Fluid milk can be introduced at 9-12 months of age, and when the child is eating a variety of solid foods.”

## CLASSES AND EVENTS

### PRENATAL CLASSES

The Timiskaming Health Unit offers Prenatal Classes for expectant women and their partners. Each series consists of 5 classes over 5 consecutive weeks on a variety of topics.

Public health nurses facilitate interactive sessions about nutrition and healthy weight gain during pregnancy, fitness, breathing techniques, postpartum issues, things to avoid, breastfeeding, preparation for childbirth, infant care, and much more. Begin classes as early as possible in pregnancy so that positive lifestyle changes can be made sooner!

Scheduled dates are posted on the THU website. Additional sessions are also provided as required. Please call to inquire.



# CHRONIC DISEASE PREVENTION CORNER

**NEW PHYSICAL ACTIVITY GUIDELINES** for the Early Years (aged 0-4 years) and the Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years) have been released by Canadian Society for Exercise Physiology (CSEP), ParticipACTION and CHEO.

Available online at [www.csep.ca/guidelines](http://www.csep.ca/guidelines) are:

- New Guidelines
- Backgrounder & scientific statement (EN & FR)
- Also, guidelines for the 5-11 yr and 12-17 yr olds

EATRIGHT ONTARIO is here to help your clients live well and stay healthy. This service provides easy-to-use

nutrition information from Registered Dietitians. Whether for a new mom coping with a picky eater, someone at risk for diabetes, or a nurse looking for calcium sources, the service can be accessed in the following ways:

- Visit the website for articles, tips and recipes at [www.eatrightontario.ca](http://www.eatrightontario.ca)
- Email the [Email a Dietitian](#) service
- Call 1-877-510-5102


Order EatRight Ontario promotional material to give to clients by calling 1-877-510-5102 or [emailing a Dietitian](#).

Download a [Consumer Brochure](#).

## NEW APPROACH TO COMMUNICATION


The <sup>UN</sup>Healthy Adventures of Sally and Johnny Doe

Johnny invited Sally over for dinner.  
He made roast chicken with all the fixins.




Johnny didn't use a thermometer to see if the chicken was cooked to a safe temperature.


And Sally ended up getting sick with salmonella poisoning.



What a way to ruin a great night.  
Oh, Johnny.



**Cook your food safely.**



www.timiskaminghu.com  
Enhancing your health in so many ways.

With a fresh look and sound the Timiskaming Health Unit has launched a new print and radio advertising campaign entitled "The Unhealthy Adventures of Sally and Johnny Doe". The series illustrates the consequences of making unhealthy choices in various situations and leaves the audience with a clear message, such as "cook your food safely". This entertaining concept has been capturing the interest of readers and listeners alike, while the direct, serious message in the conclusion of each ad reinforces what people should be doing to avoid having an "Unhealthy Adventure" of their own.



## CONGRATULATIONS!

To the municipalities in Timiskaming who have passed bylaws supporting smoke-free public spaces—Cobalt and Englehart. Please assist us in our work of reducing exposure to second hand smoke by encouraging your municipality to pass similar legislation.



## Timiskaming Health Unit

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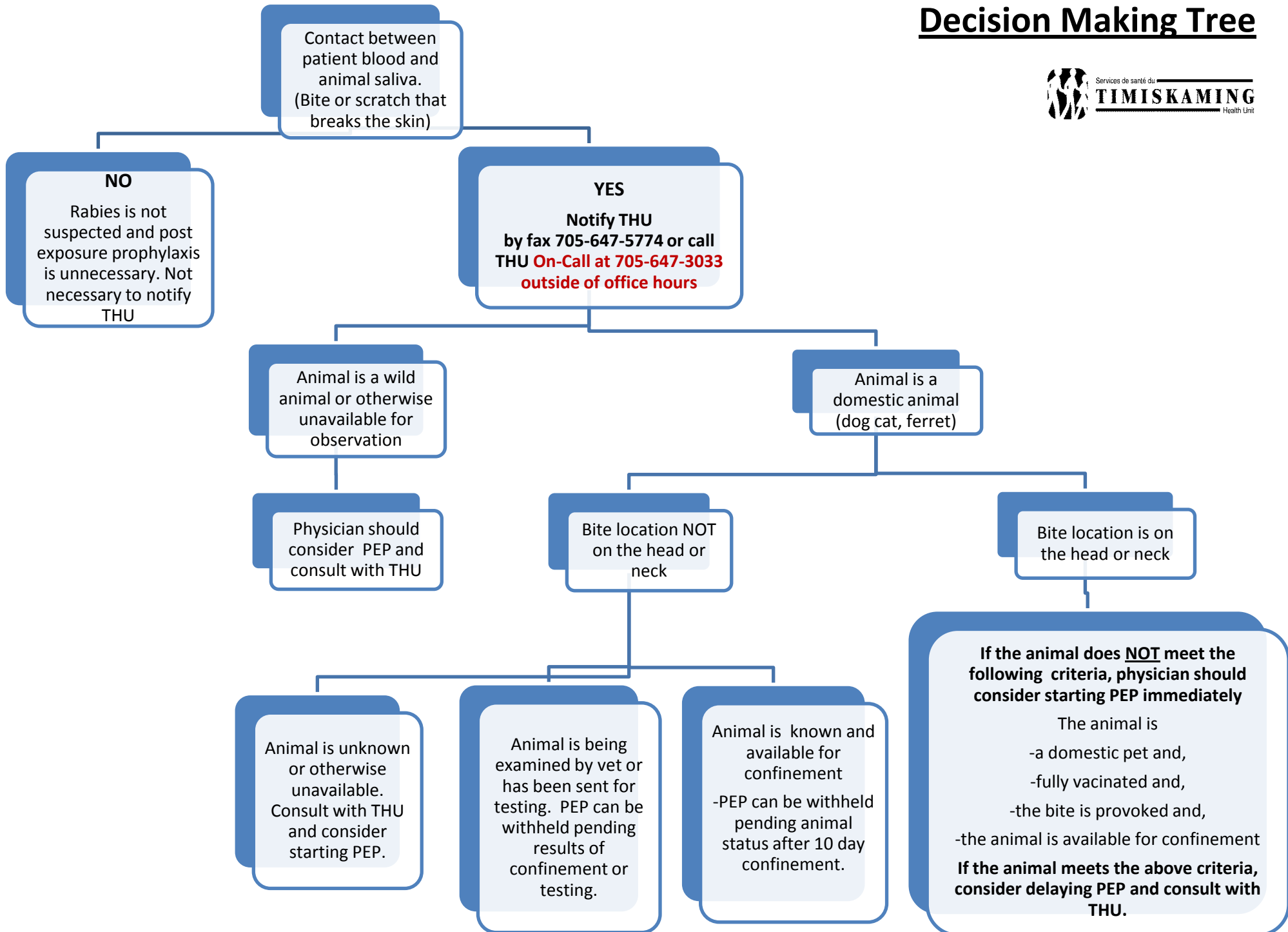
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# Potential Rabies Exposure Decision Making Tree



# Stay up to date on local and provincial infectious diseases!



## Receive email notifications of potential local outbreaks

- The Timiskaming Health Unit conducts epidemiological surveillance and investigation using the Real-Time Outbreak and Disease Surveillance (RODS) system. RODS classifies ER triage symptoms into syndromes and produces syndrome alerts when increases are detected. The purpose of the system is to provide an early warning for potential infectious disease threats.
- When syndrome increases are detected, email notifications are issued to designated infection control practitioners in Timiskaming hospitals and other interested parties.

## Receive Public Health Ontario's "Monthly Infectious Diseases Surveillance Report"

- The report contains counts of reportable diseases in Ontario by month, any significant changes in reportable disease activity in Ontario, a summary of Telehealth activity, a summary of outbreaks in Ontario and an 'infectious disease in focus' section which highlights a particular infectious disease of interest, based on provincial epidemiology or situations of interest in surrounding jurisdictions.

To be added to our email distribution list or for more information contact:

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