

MEDICAL HEALTH OFFICERS UPDATE FOR PHYSICIANS

March 28, 2018

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Management of opioid use disorders: a national clinical practice guideline

Over 1400 British Columbians died of opioid overdoses in 2017, and Opioid Use Disorder (OUD) remains a public health emergency nationwide. New national guidelines on the management of OUD published in the Canadian Medical Association Journal in early March 2018 provide a stepped and integrated care approach to accommodate individual patient needs. These guidelines advocate that OUD be treated as a chronic disease in primary care settings, similar to other chronic diseases, such as diabetes or hypertension. The full guidelines are available at <http://www.cmaj.ca/content/190/9/E247>.

HIV Pre-Exposure Prophylaxis (PrEP)

As of January 1, 2018, British Columbians at high risk of HIV infection are able to receive pre-exposure prophylaxis (PrEP), at no cost. People interested in accessing PrEP are being asked to talk to their primary healthcare provider.

The BC Centre for Excellence in IHV/AIDS (BC-CfE) website provides all the necessary information for clinicians including guidelines for the use of PrEP, assessing patient eligibility and information on how to prescribe <http://cfenet.ubc.ca/hiv-pre-exposure-prophylaxis-prep>.

If your patient is eligible, a 'PrEP Enrolment & Prescription Request' form must be completed and faxed to the BC-CfE: <http://cfenet.ubc.ca/publications/centre-documents/pre-exposure-prophylaxis-prep-enrolment-prescription-request-form>.

Medications will be sent to the prescriber's office.

If you have questions about PrEP eligibility or prescribing, please contact the BC-CfE Drug Treatment Program at 604-806-8515. Interior Health (IH) is partnering with community providers and clinicians to provide education on PrEP prescribing in order to enhance access for eligible individuals.

HIV Post-Exposure Prophylaxis (PEP)

On July 1, 2017, HIV Post Exposure Prophylaxis (PEP) guidelines changed in BC. The province has now expanded access to PEP to include free coverage for non-occupational exposure. For individuals who are not taking pre-exposure prophylaxis, but who have been involved in a high-risk exposure, immediate access to PEP is currently available through emergency departments. Information regarding PEP can be found at <http://cfenet.ubc.ca/post-exposure-prophylaxis>.

HIV Prevention Education

For HIV prevention related education, please visit the following web link:

<https://education.cfenet.ubc.ca/courses/hiv-prevention/>.

If you are interested in providing HIV care within the IH region, we can support you to get

advanced HIV education through the BC-CfE. Please contact Maja Karlsson at: maja.karlsson@interiorhealth.ca or 250-469-7070 ext. 12792 for more information.

Active Play

IH's Licensing Program regulates childcare facilities to ensure adherence to standards set out in legislation to help protect the health and safety of children. Recently, a standard of practice was created to expand on the expectations for active play and reduced screen time in daycares. The Active Play Standard supports physical activity as a key strategy to improve overall physical and mental health and to prevent childhood obesity. Appetite to Play is a website created by Child Health BC to support care providers in meeting the expectations of the Active Play Standard. Families are welcome to access these helpful resources at <https://www.appetitetoplay.com/>.

Fostering Healthy Eating Habits

Food literacy is the knowledge, attitudes and skills that people have about food and developing a positive relationship with food. IH's Licensing program kicked off an educational campaign which focuses on the division of responsibility model for feeding children. These practices are recognized by Health Canada, the Canadian Pediatric Association and the Dietitians of Canada. In broad terms, the model states that parents are responsible for what food is offered, when food is offered and where food is offered. Children are responsible for how much to eat or whether to eat what is offered.

The Provincial Health Services Authority offers a free, one hour, on-line training module for parents, families and child day care providers. It can be found at:

<https://learninghub.phsa.ca/course/search> and search for "Division of Responsibility Model".

National Immunization Awareness Week (NIAW)

NIAW is an annual event supported by Immunize Canada. This year's campaign runs from April 21 to April 28, 2018 and is meant to highlight and recognize the importance of immunization for all ages. According to Immunization Canada, vaccine-preventable diseases are still very much with us. We need to continue to educate Canadians about immunization and promote awareness of its benefits to health with up-to-date information. Recent outbreaks of mumps and measles remind us that, if immunization rates drop, diseases will reappear. Immunization rates must remain high in order for individuals and communities to stay protected against vaccine-preventable diseases. Please visit the following web links for more information:

<https://www.immunizebc.ca/>

<https://immunize.ca/>

<https://iboostimmunity.com/>

Pertussis

Every year there are few infant cases of pertussis reported within the interior region of BC. Pertussis can result in severe outcomes such as pneumonia, seizures, brain damage, or even death. These complications happen most often in infants less than 1 year of age. Early diagnosis is one of the critical components to prevent the spread of disease and severe outcomes. Please consider the following recommendations:

1. Consider Pertussis in any patient with a prolonged or paroxysmal cough, especially infants.
2. Test patients with suspected pertussis using a nasopharyngeal swab for pertussis PCR and culture.
3. Report suspect, probable and confirmed cases to the CD Unit @ 1-866-778-7736.
4. Offer chemoprophylaxis to high-risk contacts:
 - Infants under one year of age
 - Pregnant women in 3rd trimester
 - All household or family daycare contacts IF there is an infant < 1 year of age or pregnant woman in 3rd trimester in household or daycare
5. Encourage your patients to update their immunizations.
6. Consider exclusion of symptomatic cases and contacts from daycare, school or workplace until five days of treatment has occurred or three weeks after onset of paroxysmal cough.

For information related to testing and nasopharyngeal swab for PCR please visit: <http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Forms/Labs/PertussisSpecimenCollectionJune2013.pdf>

For information related to treatment and chemoprophylaxis please visit:

http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/EPI_Guideline_CDChapt1Pertussis_20100625.pdf

Infection Prevention and Control Newsletter (available only through the internal IH website)

Stay up -to-date with the Infection Prevention and Control newsletters called Infection Reflections.

For the latest edition of Infection Reflections:

<http://insidenet.interiorhealth.ca/QPS/IPC/Documents/Oct%202017.pdf>

You can also find all previous editions of the newsletter at the bottom of IPAC site:

<http://insidenet.interiorhealth.ca/QPS/IPC/Pages/default.aspx>