

BROOKDALE CENTER for Healthy Aging & Longevity

Audio Conference Agenda

ACF EP CENTRAL

Emergency Preparedness Forum - Session 7

Date: Tuesday September 15th, 2009

Preparing for Flu Season: What Adult Care Facilities Should Know

Dial-in number: 1(888)-808-8526

Participant Access Code: 250023

Call Facilitators: Matthew Khaled, MPA and Matthew Caron, MS

Guest Speakers: Beth Nivin, MPH and Dr. Christopher John Godfrey, PhD

Topic: Preparing for Flu Season: What Adult Care Facilities Should Know

- Provide an overview of seasonal influenza as well as novel H1N1
- Guidance for prevention in congregate settings
- Present a variety of resources available through the New York City DOHMH

12:50 pm– 1:00 pm Adult Care Facility Sign-In

1:00pm – 1:10 pm Administrative

- Welcome
- Caller Etiquette
- Review Agenda
- Introduction of the Guest Speakers

1:10 pm – 1:30 pm Speaker Presentation:
Preparing for Flu Season: What Adult Care Facilities Should Know

1:30 pm – 2:00 pm Question and Answer Session and Conference Wrap Up

- Summary of Key Points
- Announcements
- Program Evaluation Reminder
- Save the Date for the next Audio Conference –
Tuesday, October 20th at 1pm

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The Brookdale Center for Healthy Aging and Longevity

Faxback # 212-481-3791 Attn: Matthew Khaled



The Emergency Preparedness Forum
for NYC Adult Care Facilities
Tuesday, September 15, 2009, 1pm

Audio Conference Program Evaluation

Topic: Preparing for Flu Season: What Adult Care Facilities Should Know

Thank you for completing this evaluation. Your feedback is very important to us.

Completion of this evaluation will help us to improve future offerings to meet your needs.

Please send it via fax to **212-481-3791** Attn: Matthew Khaled

Please, rate each aspect of the ACF EP Central Audio Conference using the following scale:	Strongly disagree 1	Disagree 2	Agree 3	Strongly agree 4
The audio conference				
1. Met its described objectives/purposes <i>(Described some ways that ACFs can prepared for the upcoming influenza season, and some resources for flu prevention education materials)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Provided information that was useful for my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After participating in this audio conference, I learned (or was reminded of)				
3. ...what are symptoms of flu.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ...how flu (H1N1 or seasonal) is spread.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ...ways that seasonal flu is different from Influenza A H1N1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ... some ways to stop flu from spreading.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ...where to get some flu prevention resources.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ...where to find free influenza vaccine clinics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Please tell us about the audio conference's organization				
9. The audio conference was presented in an organized manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. The pace of the conference was appropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. There was adequate time for questions and answers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The presenter (B. Nivin)				
12. Appeared to be competent in the subject matter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Appeared to be prepared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Summarized material to emphasize essential points	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(over ↻)

The Brookdale Center for Healthy Aging and Longevity

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Please, rate each aspect of the ACF EP Central Audio conference using the following scale	Strongly disagree 1	Disagree 2	Agree 3	Strongly agree 4
The moderators (M. Khaled, C. Godfrey)				
15. Provided appropriate guidance for call participants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Gave an appropriate overview of the call agenda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Encouraged audience participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The audio conference materials <i>(Preparing for Flu Season...slide set)</i>				
18. Were useful supplements to the audio conference discussion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please, rate each item below using the following scale	Poor 1	Adequate 2	Good 3	Excellent 4
19. Overall, how would you rate today's audio conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Overall, please rate the sound/audio quality of the conference <i>(Did you have any difficulty hearing the call, that you think was due to the Brookdale's technology?).</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. What topics that were not included in today's discussion would you like to hear more about?

21. Please share any comments you have about today's audio conference.

22. Would you like more opportunities to ask questions about or discuss H1N1 (swine flu) in NYC with NYC DOHMH? Yes No

May we contact you regarding your evaluation?

If so, please provide your contact information here.

Name: _____

Facility: _____

Phone: _____

Email address: _____

Thank you!



Preparing for Flu Season: What Adult Care Facilities Should Know

Beth Nivin, MPH

Influenza and Flu Season Basics

Flu is

- Acute, febrile respiratory illness affecting nose, throat, and lungs.
- Illness can be mild or severe
- Caused by influenza viruses A and B that can change year to year.
- Need to get new vaccine each year to protect against new viral strains.
- Occurs worldwide, causing considerable morbidity and mortality **each year**

Impact of Seasonal Influenza

- >36,000 U.S. deaths annually (~1,000 in NYC)
- > 225,000 excess hospitalizations nationwide
- Highest rates of hospitalization among young children and persons ≥ 65 years of age
- 90% of these deaths among persons ≥ 65 yrs
- Number one cause of vaccine-preventable death in the US

Ok, so is this the same as swine flu? ▶

What is Novel Influenza A H1N1?

- New flu virus of swine origin.
- First caused illness in Mexico and the United States in March and April, 2009.
- Spreads same way as seasonal influenza-through coughs and sneezes of ill people.
- May also be spread by touching infected objects and then touching your nose or mouth.
- Can cause a wide range of flu-like symptoms- fever, cough, sore throat, body aches, headache, chills and fatigue, sometimes nausea, vomiting and/or diarrhea.

How is H1N1 different from seasonal flu?

- Spreads the same way
- Duration the same.
- Severe illnesses and death occurs same as seasonal influenza-we don't know yet if H1N1 is worse.
- Largest number of novel H1N1 flu confirmed and probable cases in people between the ages of 5 and 24-years-old.
- Pregnancy and other medical conditions that increase the risk of influenza-related complications, like asthma and diabetes, also associated with increased risk of complications from novel H1N1
- Adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications

Major Public Health Questions

- **Transmissibility – how widespread is it?**
 - In school (s)
 - In community
 - In healthcare and other congregate settings
- **Virulence – how severe is it?**
 - By age and risk group (new virus, many without immunity)
 - ? Changing over time

What can I do to be more aware of flu in my facility? ▶

Surveillance: Keeping an Eye on Flu

- How do you recognize ill residents?
- Who can residents inform when ill?
- Train staff to recognize symptoms
- DOHMH can provide limited guidance as schedules allow. **Call (212) 788-9830**
 - Call when you see a cluster of flu symptoms (called 'influenza-like illness' or 'ILI') in more than 3 residents
 - Questions re specimen testing.
 - How is treatment/prophylaxis managed?

Prevention: Stopping Flu from Spreading ⁽¹⁾

- **Limit entry of visitors with influenza-like illness symptoms**
 - Put up DOHMH poster: *'Visitors are welcome, but germs are not'*
 - Make sure masks and tissues are available
 - Request that visitors postpone their visit until 24 hours after their symptoms have gone away
- **Promote respiratory hygiene**
 - Teach staff and residents to cough into their elbow/sleeve
 - Show funny video: *Why Don't We Do It In Our Sleeve*. Streaming video can be shown in common room. Order it at <http://www.coughsafe.com/media.html>
 - Ample supply of tissues
 - Waste baskets available, visible, often emptied



Why Don't We Do It In Our Sleeve

- Show funny video:
Why Don't We Do It In Our Sleeve.
- Streaming video can be shown in common room. Order it at <http://www.coughsafe.com/media.html>

Cover Your Cough



Prevention: Stopping Flu from Spreading ⁽²⁾

- **Employees must stay home when ill: returning 24 hours after symptom resolution**
 - What are your sick leave policies? Punitive? Abuse of time issues?
- **Surface disinfection: think common surfaces**
 - Elevator control buttons
 - TV remotes
 - Computer keyboards
 - Game pieces- durable and washable pieces are available.

Flu Prevention Resources: Free Provider Materials Distribution Service

- Many publications available free of charge through the Bureau of Communicable Disease's Provider Materials Distribution Service.

To order bulk quantities of a poster or a publication, please call (212)720-7136 during normal business hours.

- To View or Download a publication, go to <http://www.nyc.gov/html/doh/html/cd/cdmaterials.shtml>

Sample of Available Posters and Publications

- [Cover Your Cough Poster and Brochure](#) (Available in 13 languages)
- [Nasopharyngeal Specimen Collection Poster](#)
- [STOP Triage Poster](#) (Also available in Chinese and Spanish)
- [Wash Your Hands Adult Poster](#) (Also available in Chinese and Spanish)
- [Wash Your Hands Child Poster](#)



DOHMH Free Influenza Vaccine Clinics

- **Get a flu shot for free:** DOHMH clinics offer free influenza vaccine on walk in basis from October through June.

Learn more about immunization clinics near you at <http://www.nyc.gov/html/doh/html/imm/immclin.shtml>

DOHMH Flu Clinic Locator

- **Find your local Flu Clinic:** Searching for flu clinics is easy with the **Flu Clinic Locator**
Start by clicking on the borough map of choice and then use the interactive maps to choose a clinic. You can also use the facility name search or zip code search to choose a clinic. There is also a zip code search that shows you clinics within a 5 mile radius of a given zip code.
Go to <https://a816-healthpsi.nyc.gov/FluPublic>
- Not all clinic locations listed in the **Flu Clinic Locator** are operated by DOHMH
