



Know flu, no sepsis: Prevention at the beginning

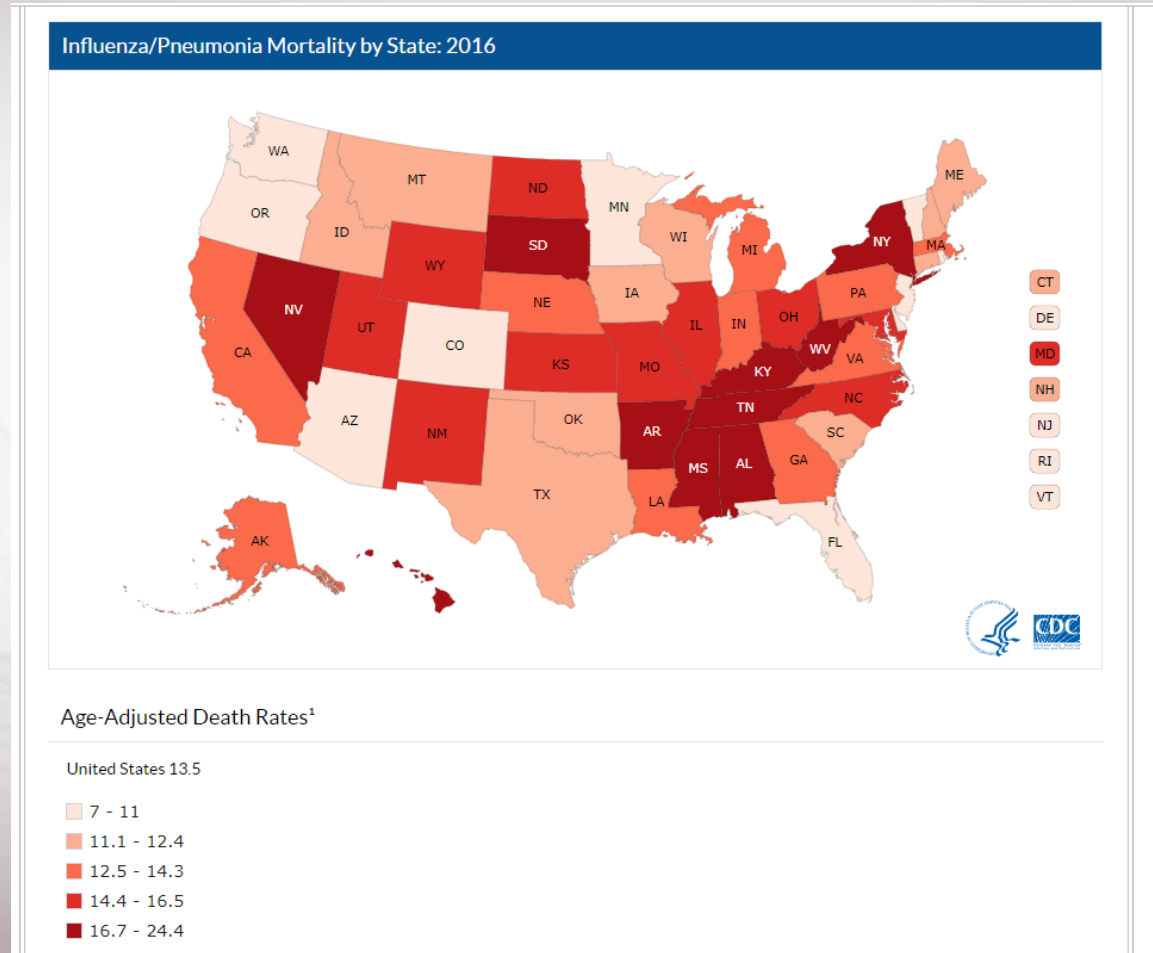
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Goals

- Discussion of sepsis reduction through Flu prevention
- What's new with Flu 2018
- Questions

Flu/Sepsis Connection

- High correlation between influenza pneumonia and sepsis



Flu/Sepsis Connection

- Ohio has the 16th highest influenza pneumonia rate in the United States
- Influenza pneumonia prevalence approximately 43% in 2009 H1N1 study (Clinical Infectious Diseases, 2012 March 20; 54(9): 1221-9)
- 18% of pneumonia cases progressed to sepsis (vs. 3% without pneumonia)
- 17% mortality with sepsis from pneumonia

Flu/Sepsis Connection

- Pneumonia more common in flu patients who are:
 - over 65
 - had one chronic condition (diabetes, COPD)
 - nursing home resident
- Ohio Hospital Association goal: reduce sepsis mortality by 30 percent

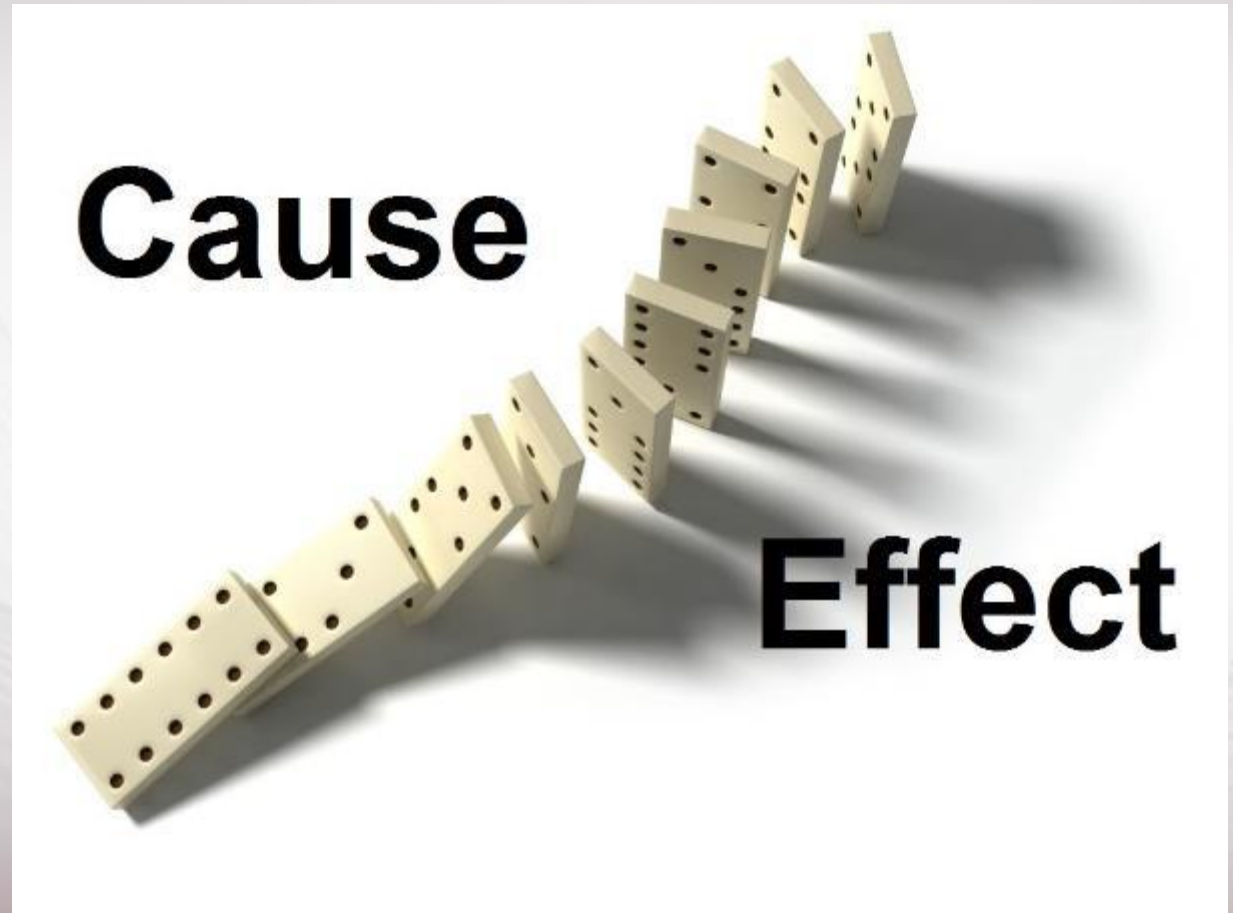
What we know about Influenza Immunization

- Hospitalized, vaccinated adults over age 18 were less likely to require ICU admission AND less likely to die
- Also decreased hospital LOS (ages 50-65)

(Clinical Infectious Disease 2017 Oct 15;65(8):1289-1297).

So what to do?

- Sepsis is everyone's problem



What's new with the Flu

- Possibly going to be milder this year
- Flu morbidity in Australia much better than last season
- H1N1 predicted to be dominant this year (H3N2 was dominant last flu season).
- H1N1 dominance = generally better match to vaccine than H3N2

What does this mean? Vaccines

- Flu vaccine effectiveness may “look” better than last year
- Quadrivalent and trivalent are both recommended
- Flumist making a comeback after two years (better H1N1 efficacy)
- Remember high dose flu vaccine for adults over 65

Other Flu Thoughts

- Never too late in the season to get a flu shot
- Best time to immunize is in October, but catch patients whenever you can
- Everyone over six months of age including pregnant patients can get a flu shot over six months of age

Toolkits and Resources

- Flu Vaccine finder:
- The Organization for Safety, Asepsis and Prevention(OSAP) https://www.osap.org/page/Issues_Influenza
- Vaccinefinder: <https://vaccinefinder.org/>
- CDC Sepsis Information: <https://www.cdc.gov/sepsis/education/hcp-resources.html>

Thoughts on patient cajoling

- Re: poor efficacy - “If you had a coupon for 30% off, would you use it?”
- Re: I get the flu with the shot “you likely already were exposed to the flu when you had the shot.” Recommend getting vaccine earlier
- Re: needle-phobia “The flu nasal spray is back” (for ages 2-49 years only)

Summary

- Prevent sepsis through flu
- Flu season has been milder in Australia
- Remember cajoling techniques
- Go forth and IMMUNIZE!

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