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Dear Colleagues:

We are being inundated with information regarding the H1N1 pandemic. We are suffering from information overload. Where do we start? So to aid the Hamilton physicians and pharmacists, the Hamilton Academy of Medicine Pandemic Committee – Dr. Walter Owsianik (Chair), Dr. Akbar Panju, Dr. Richard Tytus, Mr. Faisal Kabir, Mr. Patrick Darragh and Mr. Stephen Tytus – has developed the enclosed starting worksheet. It is not meant to be used as a guide but as a starting point.

We gratefully acknowledge Hamilton Public Health Services for reviewing this document. We would like to thank GlaxoSmithKline (GSK) for partnering to cover the distribution costs.

We are excited to work collaboratively with our partners in health care delivery – Physicians and Pharmacists – working together to empower our patients.

Hope this information helps.

Keep healthy. Wash your hands.

Best regards,

Richard H. Tytus, BScPhm, MD, CCFP, FCFP
President
Hamilton Academy of Medicine

Faisal Kabir, BScPhm
President
Hamilton & District Pharmacists' Assoc.

RHT:mv

Enclosure

PS: If anyone is interested in attending a H1N1 City Wide Information Forum where you will have an opportunity to have your questions answered regarding H1N1, please e-mail Maryann Vasic at maryann@hamiltondoctors.ca.

2009 H1N1 Pandemic Information Starter Worksheet for Ambulatory Care Settings

Clinical Features of H1N1: acute onset of fever and cough with ≥ 1 of: Sore throat, Arthralgia, Myalgia, Severe weakness or fatigue. Other symptoms include: headache, nausea/vomiting, diarrhea.

WHAT TO TELL PATIENTS WITH THE FLU:

- **Stay at home until afebrile for 24 hours** without medication and well enough to resume normal activities (typically 5 to 7 days).
- **Practice preventative measures to avoid spreading illness.** Eg: wear surgical mask, keep a distance of 2m, wash hands frequently with alcohol-based cleanser or soap and water, cough into sleeve or tissue, clean hard surfaces frequently.
- **Supportive therapy for symptom relief.** Rest, fluid, antipyretics, etc.
- **Anti-viral therapy** will be administered only to those patients with higher risk of complications (see below).
- **Hospitalization** is indicated for patients with worsening symptoms, unstable vital signs, indications of extra-pulmonary disease.
- **Vaccination.** Patients > 65 years and patients in long-term care facilities will receive the seasonal flu vaccine in October. For all patients, the H1N1 vaccine is available in late October and November. The seasonal flu vaccine will be available to all patients in late December and January if the seasonal virus is still circulating.

INDICATIONS FOR ANTIVIRAL THERAPY: Initiate treatment within 48 hours of onset of symptoms, otherwise, generally not indicated unless clinically warranted.

All patients who are at higher risk of complications:

- Age > 65 years
- Children < 18 if on chronic ASA therapy
- Children < 5 years of age, children < 2 years of age have increased risk for complications
- Pregnant women (particularly 2nd and 3rd trimesters and up to 4 wks postpartum)
- Inhabitants of long term care facilities or rural areas that are remote from hospital care
- Patients with the following :
 - Abnormal vital signs or worsening symptoms
 - Chronic respiratory disease (especially asthma)
 - Cardiac disease
 - Class III obesity (BMI ≥ 40)
 - Chronic Diseases (e.g. diabetes, renal disease, metabolic disorders, hemoglobinopathies and anemia)
 - Neurological or muscular disorders that interfere with management of respiratory secretions
 - Immunosuppression and immunodeficiency (e.g. chemotherapy, HIV, chronic corticosteroids)
 - Cancer

ZANAMIVIR (RELENZA)		OSELTAMIVIR (TAMIFLU)	
ADULTS	Two puffs BID for 5 days	ADULTS	75 mg PO BID for 5 days
CHILDREN (age > 7 years)	Two puffs BID for 5 days	CHILDREN	Refer to MHLTC Guidance

Please note as of October, 15, 2009 there has been a reported case of Tamiflu resistant H1N1 in Hamilton

ONLINE RESOURCES:

- Ontario Ministry of Health and Long-Term Care Clinical Management Guidelines: www.health.gov.on.ca/en/ccom/flu/h1n1/pro/docs/ambulatory_guidance.pdf
- City of Hamilton Public Health Services Flu Clinic Schedule 2009: <http://www.myhamilton.ca/myhamilton/CityandGovernment/HealthandSocialServices/PublicHealth/Influenza/2007FluClinics.htm>
- Ontario Ministry of Health and Long-Term Care Office Signage: www.health.gov.on.ca/en/ccom/flu/h1n1/pro/stop_signs_lang.aspx
- Hamilton Public Health Services: www.hamilton.ca/H1N1
- Ontario Ministry of Health and Long-Term Care: www.health.gov.on.ca/en/ccom/flu/h1n1/pro
- Public Health Agency of Canada: www.fightflu.ca
- Hamilton Academy of Medicine: www.hamiltondoctors.ca
- Ontario Medical Association: www.oma.org

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