

# Nexus



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with the Health Care Community

## INSIDE:

Comprehensive Educational HPV Toolkit	2
Synopsis	3
2009 Pap Clinics	3
FEED BACK • FAX BACK	4



## Catch-up Vaccinations Offered To Young Adults At Risk For Contagious Mumps

— *Rebecca Kavanagh MPA, BScN, RN, Manager, Dept. of Clinical Services*

As you may be aware, the incidence of mumps has been increasing throughout Canada. In the past year, four provinces in Canada (Nova Scotia, New Brunswick, Alberta and British Columbia) have experienced outbreaks of mumps, occurring mainly in university and college students who have received a single dose of mumps-containing vaccine. To prevent similar outbreaks of mumps in Ontario, the Ministry of Health and Long-Term Care is offering mumps-containing vaccine given as MMR to anyone born after 1970 and before 1992, especially those attending post secondary institutions.

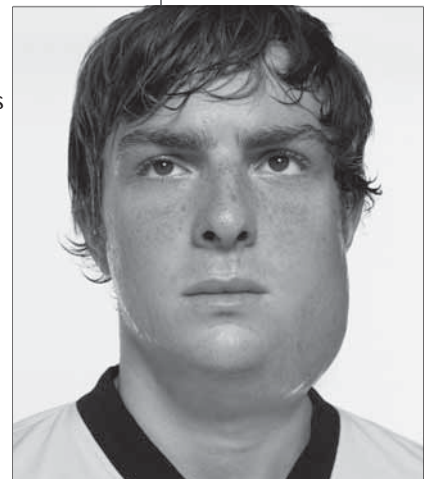
In Ontario, a monovalent mumps vaccine became available in 1969. In 1975, measles/mumps/rubella (MMR) vaccine became available, was widely distributed and circulation of the wild virus began to fall. As a result, people born in the 1970s and 80s were unlikely to have been exposed to the wild virus and were likely offered a single dose of MMR vaccine as a young child. Those born in or after 1992 have routinely been offered a 2nd MMR dose at some time before entering elementary school.

As a result, post secondary students may be at increased risk for mumps. The National Advisory Committee on Immunization (NACI) recommends that students at post secondary institutions be offered a second dose of MMR vaccine if they have not already had two doses of vaccine.

All students in your practice should be assessed to determine how many doses of mumps containing vaccine they have received. If they are unsure of their vaccination status they should request this information from their previous health care provider(s) or local public health unit where they last attended school.

Vaccination with one or two doses of MMR should then proceed according to the results of the immunization record.

- Students who know that they have never had MMR vaccine should have 2 doses with at least 28 days between doses.
- Students who have received one dose of MMR vaccine should receive one additional dose to complete two doses.
- Only one dose should be given if no record of immunization is located unless the student attests to having never been vaccinated.



**nexus** ('nek-sus) noun,  
Latin: bond, tie; from  
nectere - to bind : a  
connection or link between  
things, persons, or events esp. that  
is or is part of a chain of causation  
Source: Merriam-Webster's  
Dictionary of Law, © 1996  
Merriam-Webster, Inc.

*Continued on page 2*



## New From SOGC: Comprehensive Educational HPV Toolkit

The human papillomavirus (HPV) is currently the most prevalent sexually transmitted infection<sup>1</sup>. HPV infection has possible repercussions related to an individual's relationships, mental health, and coping abilities; it has economic implications due to the costs associated with treating the potential medical complications as well as additional social costs related to a loss of work productivity<sup>2</sup>. Health Canada suggests that at least 75% of sexually active men and women will have at least one HPV infection in their lifetime<sup>3</sup>. This elevated statistic indicates that disease reduction through primary prevention is crucial.

The Society of Obstetricians and Gynaecologists of Canada (SOGC) has developed a medically sound, evidenced based electronic HPV Toolkit for educators and health professionals<sup>4</sup>. This Toolkit also contains a brochure for parents addressing questions or concerns many parents have regarding their daughters, including information on HPV, methods of prevention, safety of vaccination and screening for HPV<sup>5</sup>. This Toolkit, an informative interactive CD, provides resources for continuing professional development as well as resources to educate and counsel youth and parents. The Toolkit also provides up-to-date HPV guidelines,

STI guidelines, HPV learning modules, lesson plans on HPV, an in depth editable STI slide show presentation as well as statements on HPV from the National Advisory Committee on Immunization and the Cervical Cancer Prevention and Control Network<sup>4</sup>. Additionally, it contains age appropriate fact sheets for youth and young adults as well as accurate information for parents and teachers.

To order your own Toolkit at no cost, simply visit [www.hpvinfos.ca](http://www.hpvinfos.ca), enter the educator or health care professional section and follow the link to "Order Online". Available in French & English.

— Dallas Jackson, 4<sup>th</sup> year B.Sc.N. student in conjunction with Barbara Vander Meer, B.Sc.N., R.N., Public Health Nurse



### References:

- 1 Society of Obstetricians and Gynaecologists of Canada. "Canadian Consensus Guidelines on Human Papillomavirus." *Journal of Obstetrics and Gynaecology Canada* 29, no. 8 (2007): 1-60.
- 2 Stampler, L. & Yiu, L. *Community Health Nursing: A Canadian Perspective*. Toronto: Pearson Canada, 2005.
- 3 Health Canada. *Healthy Living*. April 25, 2007. <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/hpv-vph-eng.php> (accessed January 19, 2009).
- 4 Society of Obstetricians and Gynaecologists of Canada. "The HPV Toolkit." Ottawa: Society of Obstetricians and Gynaecologists of Canada, 2008. (CD-Rom)
- 5 Society of Obstetricians and Gynaecologists of Canada. *Information for parents*. Ottawa: Society of Obstetricians and Gynaecologists of Canada, 2008.

## Catch-up Vaccinations continued from page 1



Mumps shot at Health Unit Clinic in St. Lawrence College, Brockville, March 2009.

- Students who have documentation of having previously received 2 doses of MMR, or those who have physician or nurse practitioner documentation of having had all 3 of measles, mumps and rubella illnesses do not require vaccination.

Serological testing to check immune status to measles, mumps or rubella is not recommended.

The Leeds, Grenville and Lanark District Health Unit will be offering the MMR vaccine to all current students 17 years and older either at on-campus clinics for post secondary students or at regular Health Unit immunization clinics. For more information on our on campus clinics or our regular Health Unit immunization clinics visit [www.healthunit.org](http://www.healthunit.org).

*Adapted from the MOHLTC letter to HCP dated Sept 30, 2008*

## SYNOPSIS

### Tuesday, March 24 was World TB day

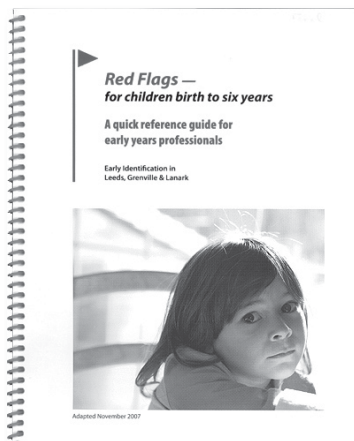
The Health Unit will be delivering a "Mantoux-Tuberculin Skin Test" poster and a TB ruler with calipers to each primary care office.

### Expansion of Children in Need of Treatment Program (CINOT)

As of January 1, 2009, The Children in Need of Treatment Program (CINOT) has been expanded to include youth 17 years and younger. If you have patients age 17 years and under who may require urgent dental care and finances are a concern, please have the family contact the Health Unit for more information. 1-800-660-5853

### Red Flags – for children birth to six years

Available March 2009 for pick up with vaccines at Health Unit locations



*Red Flags* is a quick reference guide for Early Years professionals. It can be used in conjunction with a validated screening tool, such as the Nipissing District Developmental Screens, Ages and Stages Questionnaire (ASQ) or the Rourke Baby Record. It outlines a range of functional indicators or domains commonly used to monitor healthy child development, as well as potential problem areas for child development. It will assist in identifying when a child could be at risk of not meeting his health and/or developmental

milestones, triggering an alert for the need for further investigation by the appropriate discipline.

It is intended to assist in the determination of when and where to refer for additional advice, formal assessment and/or treatment. Contact information is indicated at the end of the document in a "Where to go..." section. *Red Flags* is also available online at [www.healthunit.org](http://www.healthunit.org) under "Health Professionals".

### Get W.I.T.H It! (Walking In The Halls)

This a new walking program at the Almonte and Carleton Place High Schools. The environment is safe, dry, and warm, with even terrain and lots of social contacts for encouragement during the cold months of fall and winter. The program is suspended March to August but will be returning fall 2009. Look for a listing of new communities, dates and times in the next Nexus.



**Do you have a waiting list of potential patients?**



**Are you receiving phone calls from women who wish service but your practice is full?**



**Cervical screening clinics are being held to meet the needs of women who do not have a practitioner.**

## FREE PAP TEST CLINICS

**TIMES FOR ALL CLINICS: 3PM TO 7PM**

**Smiths Falls Community Health Centre**  
April 14, 2009 Tel: 613-283-1952

**North Lanark County Community Health Centre**  
April 20, 2009 Tel: 613-259-2182

**CPHC Community Family Health Team (Brockville)**  
April 22, 2009 Tel: 613-345-5077



*These clinics have been established through the partnership of the Leeds, Grenville & Lanark District Health Unit, the listed Community Health Centres/Community Family Health Team, the Canadian Cancer Society and the Regional Cancer Program of Southeastern Ontario.*

**For more information:**  
contact Bonnie Schnittker, RN, PHN  
at 613-283-2740 or  
1-800-660-5853  
[bonnie.schnittker@healthunit.org](mailto:bonnie.schnittker@healthunit.org)

Date: \_\_\_\_\_

From: \_\_\_\_\_

Fax to: **(613) 345-2879**

*We value your opinion. Please feel free to send us your comments.*

**1. Comments/suggestions for the newsletter:** \_\_\_\_\_

**2. I would like to receive the newsletter:**

By mail                       By e-mail \_\_\_\_\_  
e-mail address

**3. Can we provide information on specific topics? Please check all that interest you.**

**Clinical Services**

- Infection Control
- Communicable Disease
- Immunization/Vaccine Preventable Diseases
- Sexual Health
  - STI/AIDS

**Health Protection**

- Rabies
- Food Safety
- Safe Water
- West Nile Virus
- Emergency Response
- Health Hazard Investigation

**Health Promotion**

- Cancer Prevention (Breast, Cervical & Skin)
- Dental Health
- Injury Prevention
- Substance Abuse Prevention
- Chronic Disease Prevention
  - Healthy Eating
  - Healthy Weights
  - Physical Activity
  - Tobacco-Free Living

**Family Health**

- Child Health
  - Growth & Development
  - Parenting
  - Breastfeeding
  - Nutrition for Infants, Toddlers & Preschoolers
  - Healthy Babies/Healthy Children program
  - Family Abuse Prevention
- Reproductive Health
  - Preconception Health
  - Pregnancy

**Disease Surveillance**

- Information on the health status/health risks in our community
- Information from local, provincial & national health surveys

**Other?** \_\_\_\_\_

**4. Is there any change to your contact information?**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

