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WE'RE A TOBACCO FREE ZONE

To protect the health of **everyone** at CDHD, no use of tobacco or vaping is allowed anywhere on our property.

Thank you for your cooperation.

Vaccine Intramuscular Injections in Obese Patients

By Pam Strohfus, MA, DNP, RN



When administering an intramuscular (IM) injection, are you considering the patient's weight or body mass index (BMI)? Do you consider what needle length and where should you give the injection? Why are these questions important? If you give a vaccine with too short of a needle, in the wrong body site, and or in the fatty tissue rather than the muscle, it may not be as effective which may result in reduced immune response. Furthermore, giving an injection with too short of a needle may cause increased irritation at the site of injection or even tissue damage.

Obesity and Vaccines

In 2014, approximately 39 percent of adults aged 18 and older were overweight, globally. As we prepare to give vaccines to overweight and obese individuals, we need to recognize that IM injections need

to be administered deep enough in order to reach the muscle. Evidence-based research requires IM deltoid (upper arm) injections to be given with the correct needle length for body size and given at a 90 degree angle without bunching. If the injection is given with the right needle length according to the patient's BMI and/or weight, the IM injections are likely to reach muscle tissue assuming that the needle is fully inserted into the skin.

Whether you give a vaccine to a child, adolescent, adult, or an older adult, consider the size of the patient. The chart below is provided as a reference or you can find the CDC chart on administering vaccines: Dose, Route, Site, and Needle Size located at www.immunize.org/catg.d/p3085.pdf.

Needle Length for Intramuscular Injection in Deltoid Muscle

Required needle length for deltoid injection for weight and sex based on www.immunize.org/catg.d/p3085.pdf (2015)

Weight and Sex	Required Needle Length
Infants & Children will require a different site and needle length. Consult www.immunize.org/catg.d/p3085.pdf	Consult www.immunize.org/catg.d/p3085.pdf on Site and Needle Length
Male and female < 130 lb (<60 kg)	1-inch needle
Male 130-260 lbs (60-118 kg) Female 130-200 lbs (60-90 kg)	1 inch - 1 ½ inch needle
Male >260 + lbs (> 118 kg) Female >200 + lbs (> 90 kg)	1 ½ - 2 inch needle

CDHD VISION:

Healthy People in
Healthy Communities

Preventive Health Services Mission:

Provide accessible, affordable, integrated, preventive health services in a non-judgmental environment. To enrich lives and create a cornerstone in the foundation of our community with a healthy future.

Contact:

For vaccine questions, including schedules, updates, vaccine storage and handling, etc., please contact:

Sharon Brown, LPN

Medical Provider Liaison
Call the Shot Line at
(208) 321-2229

For general immunization questions, questions about the newsletter, or community events, please contact:

Vinci Anderson, RN

Public Health Nurse
Educator
(208) 327-8586

For user support and training for IRIS, please contact:

IRIS Help Desk

(208) 334-5995
iris@dhw.idaho.gov



Adult Vaccines Save Lives

More than 50,000 adults in the United States die every year because they think they are immune to immunizations, documents the Center for Disease Control (CDC). Tens of thousands of US adults die each year from vaccine-preventable diseases and their complications, more than breast cancer, HIV/AIDS, or motor vehicle traffic accidents. Yet overall vaccination rates remain low, per a recent article of The National Foundation for Infectious Diseases (NFID).

According to CDC, immunizations are not just for children. Adults need immunizations to help prevent, contracting and transmitting serious diseases that could result in poor health, medical bills and being unable to work.

The Power of Tdap

“Tdap” stands for Tetanus-diphtheria-acellular pertussis and works to prevent pertussis, otherwise known as whooping cough. The CDC recommends this vaccine for every adult, provided they did not receive it as an adolescent. Once an adult has had a Tdap, the Tetanus-diphtheria (Td) booster shot is recommended every ten years. In addition, women should get a Tdap vaccine with each pregnancy, preferably at 27-36 weeks.

Whooping cough is very contagious and spreads through the air by coughing and sneezing. The disease is most dangerous

for babies who are too young to receive the first dose of vaccine, until they are two months old. Adults can unknowingly spread this disease since they may be asymptomatic during interactions with vulnerable populations, including immune-compromised and young infants.

As responsible health care providers, check the immunization status of your adult clients and if they are not current, bring them up-to-date. As responsible daycare providers, make sure you and your staff are immunized, and regularly monitor the records of children in your care.

Together, we can protect, promote and preserve the health of our community and state.

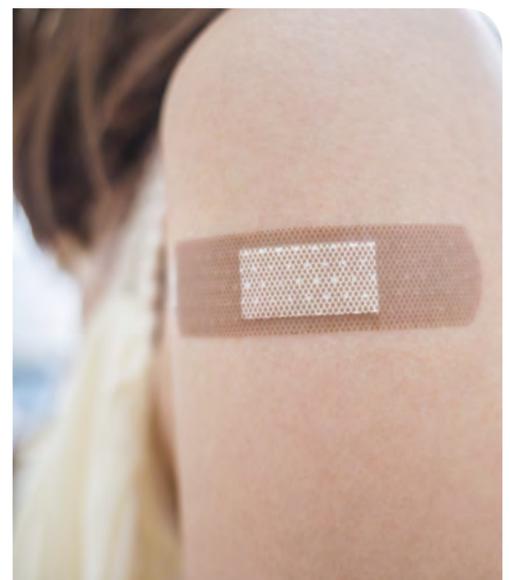
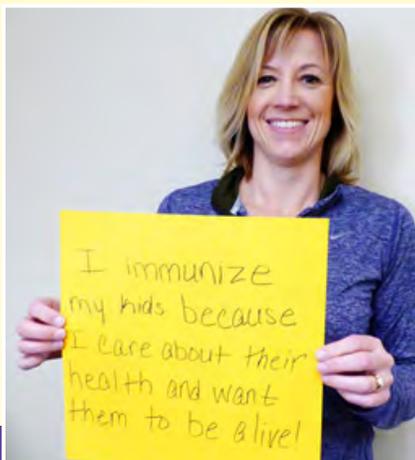


Photo Voice Project Highlights Why Community Immunizes

As health professionals and care providers, we are well versed in the myriad of benefits vaccination brings. But why is vaccination important to the community? To help answer this question, CDHD collaborated with a group of Boise State University students. The project resulted in a Photo Voice piece, which through images and facts, includes reasons of specific-disease prevention, like Human papillomavirus and the seasonal flu, to general protection of their children's future.

"We want to share this project with provider and partner offices, coffee shops, office lobbies, special events or where ever an audience exists to hear these important messages," said Lorraine Fortunati, Division Director for CDHD's Preventive Health Services.

Set to the sounds of local musicians, the project also features thoughts on public health topics, including the importance of healthy relationships, the Women, Infants and Children (WIC) program, oral health, and reproductive health. The results are honest and inspirational. Videos are available for viewing at cdhd.idaho.gov and on CDHD's You Tube channel. Free copies are available — contact Norma Russell at 327-8573.



9-Valent HPV (Human Papillomavirus) — Gardasil 9 Vaccine

Gardasil-9 prevents many cancers caused by human papillomavirus infections, these nine types are responsible for approximately:

- 90% of Cervical Cancer Cases
- 85% of Vaginal Cancer Cases*
- 90% of Vulvar Cancer Cases*
- 90% of Anal Cancer Cases in males and females*
- 90% of Genital Warts Cases in males and females

**Not all cases of vaginal, vulvar, and anal cancers are caused by HPV. Approximately 70% to 75% of vaginal cancer cases, 30% of vulvar cancer cases, and 85% to 90% of anal cancer cases are HPV-related.*

Exposure to the virus can happen with any kind of genital contact with someone who has Human Papillomavirus (HPV) — intercourse isn't necessary. HPV often has no signs or symptoms; anyone can get or pass the virus without even knowing it.

Make sure the person getting Gardasil 9 receives all three doses on time to ensure the best protection. **To receive free text message reminders for the 2nd and 3rd appointments: Text G9 to 69866 when he/she gets the 1st dose.**

Source: *Your child could be one less at risk for certain HPV-related cancers and diseases by Merck.*

HPV vaccination series started with quadrivalent or bivalent HPV vaccine:

Advisory Committee on Immunization Practices (ACIP) recommendations state that 9-valent HPV vaccine may be used to continue or complete a series started with a different HPV vaccine product.

Persons who previously completed a 3-dose HPV vaccination series:

There is no ACIP recommendation for routine additional 9-valent HPV vaccination of persons who previously completed a quadrivalent (Gardasil) or bivalent (Cervarix) vaccination series.

To read the complete article of "Supplemental information and guidance for vaccination providers regarding use of 9-valent HPV vaccine," visit www.cdc.gov/vaccines/who/teens/downloads/9vHPV-guidance.pdf





CDHD Welcomes New Nurse to Elmore County Office

Central District Health Department welcomes Alisha Munoz as the new Registered Nurse in its Mountain Home office. Before coming to work for CDHD, Alisha worked at Life Care Center of Treasure Valley. She is a recent graduate of Boise State University and holds a Bachelor's Degree in Nursing.

Alisha lives and works in Mountain Home where she was raised from the age of six.

Alisha looks forward to working in the public health sector because she really enjoys the community setting over a hospital setting, "I look forward to serving the Mountain Home community through my work with CDHD," said Munoz.

CDHD and its staff in Mountain Home offer the following services:

- Immunizations for children from birth through 18 years
- Reproductive Health services for both men and women, including family planning/birth control, pregnancy testing, breast and cervical cancer screening, STI/HIV testing
- Women, Infants and Children (WIC), a special supplemental nutrition program
- Cholesterol screenings
- Referrals to CDHD's Boise office for children's oral health programs, and tobacco cessation options for teens and adults

Childcare Providers: Keeping Kids Immunization Compliant

You've heard the saying, "Change is Good." And that is true. However, there is also something to be said for stability. When it comes to childcare immunization compliance, we are on stable ground.

It has been four years since major changes were made to the childcare immunization recommendations, and everyone's comfort level with those recommendations is showing. As the health department performs inspections, the number of childcare providers with 100 percent compliance across enrollment is increasing. There has also been an increase in childcare providers with just one or two children out of compliance. The hard work is showing, and is appreciated — most importantly, it means we're keeping our youngest residents healthier!

Need some help organizing your immunization records?

Here are some ideas to consider:

- Have a system that you are comfortable with and make it easy to use. Getting rid of old records is a good idea. The only reason to keep an old record is if it shows vaccines not available elsewhere.
- If you have children under two years of age, use a calendar to remind yourself to give parents a heads up that vaccines are coming due. (i.e.: Susie's vaccines are due by five months, remind mom and dad at four months.)
- Once children are two years old and are current on their vaccines, you can relax a bit. *Current* is the key word. Those children will need to have their next immunizations for Kindergarten. It's a good idea to mark them "Current

until Kindergarten" so you know you don't need to keep looking them up.

- Make sure your older school-age children, grades four and up are compliant for childcare. This age group was grandfathered in for school, but not for childcare. If they are in childcare, they must have all the vaccines required for children now entering Kindergarten.
- Use State of Idaho Official Exemption and Conditional Attendance forms. Other forms using letters from doctors will not be accepted as valid exemption.
- Use IRIS. It will simplify your record keeping by far. You can go online to the Idaho Immunization Program and under Childcare Requirements, click on IRIS and scroll all the way to the bottom. There, you will find the "Basic IRIS Guide for Childcare Users." It will walk you through the steps to use IRIS to your best advantage.
- Always remember that if you have questions you can call the Shot Line at 321-BABY. We'll be glad to help with any questions you might have.



Idaho Leads the Nation for Number of Immunization Exemptions for Kindergartners

From the Idaho Department of Health and Welfare Public Information Office

New vaccination exemption data from the Centers for Disease Control and Prevention (CDC) shows Idaho led the nation for school immunization exemption rates during the 2014-2015 school year. The recently published data show 6.5% of Idaho kindergarten students had an exemption on file for at least one vaccine when they registered for school.

Idaho allows immunization exemptions for religious, medical, or philosophical reasons. Of the 6.5% of Idaho's kindergartners with an exemption on file, 5.6% were for philosophical reasons, while 0.3% were medical and 0.6% were religious exemptions.

The high exemption rate is concerning for public health and school officials, along with parents of children attending schools. "Having a high percentage of students who are not fully protected from preventable diseases is concerning, especially for other children who cannot receive vaccine protection because of medical conditions," says Dr. Christine Hahn M.D., Idaho Public Health Medical Director. "Many parents sign an exemption for convenience; it may be the path of least resistance when registering a child for school who is behind on their vaccine schedule. However, that path can lead to serious illness to their children or classmates. We believe Idaho can do better."

Almost all children with exemptions have received vaccines, but are not current with the school recommendations. The kindergarten vaccination rate for each recommended vaccine series is almost 90%, which are some of the highest rates Idaho has seen during the last four years. The individual vaccine series with the highest exemption rate is the two shot series for Varicella, or chicken pox, which 88.1% of Idaho kindergarten students are protected from. Although it appears

most parents strongly believe in vaccine protection, they may declare an exemption during school registration when they discover their child needs one or more vaccines, but do not want to delay registration.

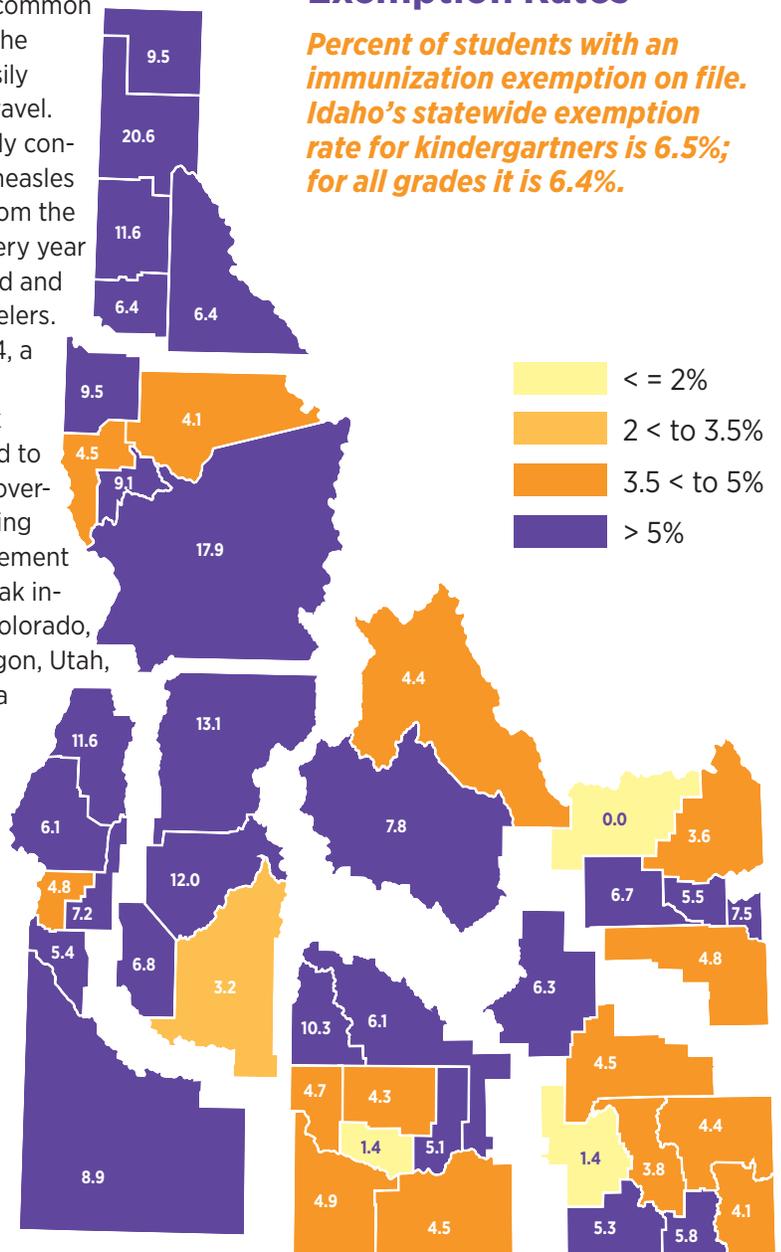
The occurrence of many childhood vaccine-preventable diseases has been greatly reduced over the years in the United States; however, many of these diseases are still common in other parts of the world and are easily spread through travel. In 2000, the highly contagious disease measles was eliminated from the U.S., however, every year cases are reported and attributed to travelers. In December 2014, a large, multi-state measles outbreak occurred, believed to be caused by an overseas traveler visiting a California amusement park. That outbreak included cases in Colorado, Washington, Oregon, Utah, Arizona, Nebraska and California.

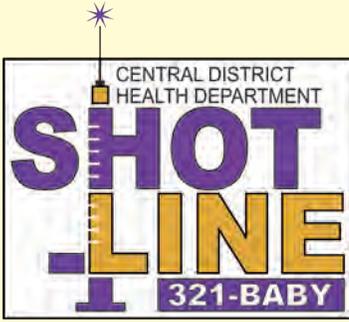
If a measles outbreak were to occur in an Idaho school, an unimmunized child would be told to stay home until the spread of disease was no longer a threat. In the case of measles, that would be a minimum of 21 days.

The Idaho Immunization Program continues to work with healthcare providers, Idaho public health districts and schools to increase vaccination rates to protect children.

2014-15 Idaho School Immunization Exemption Rates

Percent of students with an immunization exemption on file. Idaho's statewide exemption rate for kindergartners is 6.5%; for all grades it is 6.4%.





Central District Health Department

Immunizations
707 N. Armstrong Pl.
Boise, ID 83704-0825

Address Service Requested



FREE Provider Education Immunization Class

Central District Health Department (CDHD) has set a goal to prevent cases and outbreaks of vaccine-preventable diseases. By raising immunization rates, our population can be better protected when the circulation of vaccine-preventable diseases is increasing.

CDHD's Free Provider Education Immunization Class is offered to all medical practices in Ada, Boise, Elmore and Valley Counties who participate in the Vaccines for Children (VFC) program. Classes can be flexible on time and topics.

Topics discussed in class include but are not limited to:

- Following recommended immunization and catch-up schedules
- Use of combination vaccines
- Missing opportunities
- Proper vaccine storage and handling
- Vaccine administration rights
- Tips to prevent vaccine administration errors
- Conditions commonly misperceived as contraindication
- Vaccine administration skills
- Preparing for a VFC Compliance Site Visit



Don't miss your opportunity! Give CDHD a call at 327-7450 to discuss class options and dates.